

*“So it’s true, when all is said and done, grief is the price  
we pay for love.” – E.A. Bucchianeri*

## Allow Yourself

*By: Catherine Pulsifer*

*Allow yourself to dream,  
And when you do dream big  
Allow yourself to learn  
And when you do learn all you can*

*Allow yourself to laugh  
And when you do share your laughter  
Allow yourself to set goals  
And when you do reward yourself as you  
move forward*

*Allow yourself to be determined  
And when you do you will find success  
Allow yourself to believe in yourself  
And when you do you will find self confidence*

*Allow yourself to lend a helping hand  
And when you do a hand will help you  
Allow yourself relaxation  
And when you do you will find new ideas*

*Allow yourself love  
And when you do you will find love in return  
Allow yourself to be happy  
And when you do you will influence others  
around you.*

*Allow yourself to be positive  
And when you do life will get easier*

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The most common perception about depression is that it is a mental and an emotional state from a loss of someone or something of value. It is cyclical thoughts and feelings that feed on our memory. This loop creates a belief that manifests into physical behavior. Some of the most apparent symptoms of depression are crying, sadness, being quiet and aloof. The less evident are withdrawal, feeling numb; the world is overwhelming, we're smiling but crying inside, suffering from that feeling of having a "thorn" in our heart. This stage can be very confusing. Left unchecked, a person might experience anguish and despair, thinking "what's the point of going on?"

So, depression is a very physical event as much as it is a thought and a feeling. It is real and compelling sensory experience. And as humans, our reality comes from our senses. Recognizing it from a physical standpoint creates clarity not just for ourselves but the people around us and is one of the keys to getting out of the "hole." During these moments, allow yourself some time. On that note, we hope you enjoy the poem by Catherine Pulsifer, "Allow Yourself."

Yours truly,

Thomas Rocas  
CEO/Founder



# Mailbox

Our greatest reward is the heartfelt appreciation from our patients and clients. Here are just a few.

Dear ANX - Father Abraham's healing pray was beautiful. We are grateful for his help. - G Sacco and family

Thank you to ANX. We appreciate all of the kindness from Ila, Khoi, Danna, Rob, Noel, Father Abraham, and Thomas. - Bessard Family

Dear ANX team - We are very happy with the visit of volunteer Troy. Grant loves to talk and he was very engaging with the sharing of his various personal experience. We thank you!" - G. Horne

# NextSteps

## *Signs and Symptoms of Depression in the Fourth Stage of Grief*

By Abraham Alonzo, STL, MTS - ANX Spiritual Counselor



How can we recognize symptoms of a serious depression or complicated grief? For people who have lost a loved one, it is normal to experience sadness, pain, sorrow, tears or even depression. These are all normal grief responses, up until one seems to be up against a dead end, lost in one's tracks, or simply frozen and hopeless.

Experts say that 1 in 5 bereaved people will most likely experience major depression (or clinical depression). This can often be alleviated by counseling, psychotherapy, or even both. Persons with the greatest risk of clinical depression are most often those who have been depressed before, are experiencing major stress, or are battling other addictions.

Signs of major depression not often explained by normal grief include:

- Persistent thoughts/feelings of hopelessness or worthlessness
- Ongoing thoughts of death or suicide
- Inability to perform one's daily activities or obligations
- Intense guilt over things done or undone
- Delusions (often beliefs in something not true)
- Hallucinations (hearing voices or seeing things that are not there)
- Extreme weight gain or loss
- Slower body responses or reactions

If you observe any of these in a friend or family member, seek immediate help. Your ANX Bereavement team is here to support you during your time of need. Call us at **650.991.1106**.



# Ask ANXperts

## Finding Your Inner Strength

By Pauleen Balino

To change your life, you must start with yourself. By simply changing your environment, you can break away from your day to day routine. For example, being outside can help your mental health and wellness. According to the *Proceedings of the National Academy of Sciences of the United States of America*, "Participants who went on a 90-min walk through a natural environment reported lower levels of rumination and showed reduced neural activity in an area of the brain linked to risk for mental illness. These results suggest that accessible natural areas may be vital for mental health."

Being proactive is a positive sign of getting yourself to the best of your ability. Another way to reach this goal is by giving your time to others. Volunteerism can take any form: from volunteering at local churches or charities, serving meals at a homeless shelter, visiting a senior center, to signing up to be a tutor for an afterschool program or a mentor at a local boys and girls club.

If you are passionate about a certain topic, there lies the incentive of why and where you can focus your time and energy. The possibilities are endless when helping others in need. The time you give back to the community is time well spent. In focusing your energy on helping others and volunteering for worthy causes, you allow yourself to foster growth and change.

By sharing your time through volunteerism, you can find your inner strength and experience a sense of fulfillment that can only be felt by the person doing good for others. [PB]

## QuickTips

### 5 Benefits of Volunteering

An article in Real Simple Magazine suggests 5 scientifically-backed benefits of volunteering:

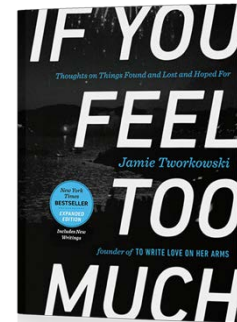
- You'll reduce your stress level
- You'll be happier
- You're more likely to live longer
- You're less likely to experience depression
- You're less likely to have high blood pressure

Read more on [RealSimple.com](http://RealSimple.com)

## RECOMMENDED READING

### *If You Feel Too Much*

By Jamie Tworkowski



"If you feel stuck, it's okay to say you feel stuck. If you can't let go, it's okay to say you can't let go."

You are not alone in these places.

Other people feel

how you feel. You are more than just your pain. You are more than wounds, more than drugs, more than death and silence."

***If You Feel Too Much*** is a celebration of hope, wonder, and what it means to be human. From personal stories of struggling on days most people celebrate to words of strength and encouragement in moments of loss, the essays in this book invite readers to believe that it's okay to admit to pain and okay to ask for help.



WE MAKE A  
**LIVING** BY  
WHAT WE GET  
BUT WE MAKE A  
**LIFE** GIVE  
BY WHAT WE

- Winston Churchill



## COMMUNITY RESOURCES

Need additional help? Here are services and resources to tap:

- **Eldercare Locator:**  
Services for seniors and families | [eldercare.acl.gov](http://eldercare.acl.gov)
- **Private Caregivers:**  
Home Instead Senior Care SF  
[HomeInstead.com/137](http://HomeInstead.com/137)
- **Transportation Services:**  
Royal Ambulance  
[royalambulance.com](http://royalambulance.com)
- **Meal Services:**  
Meals on Wheels  
[mealsonwheelsamerica.org](http://mealsonwheelsamerica.org)
- **Financial & Legal Services:**  
Creative Planning  
[creativeplanning.com](http://creativeplanning.com)

## VOLUNTEER OPPORTUNITIES

Volunteering for hospice care provides a unique setting to learn life's greatest lessons, gain the wisdom and skills to manage challenging situations, and embrace the transformational journey of death and dying. In serving a purpose bigger than ourselves, we find the true meaning of humility and compassion.

- Patient support
- Respite support for family members
- Child care assistance
- Bereavement support
- Special skills and interests

Call us at **650.991.1106** to learn more.

## CONTACT US

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