



Changing How We Say Goodbye.

From our family to yours, we hope you and your loved ones are staying well. Sadly, there are many families being forced to alter the wishes of ones they love during this time. Due to social distancing measures and limited resources, it's even harder to say goodbye.

As a company that focuses on easing your pain after loss, it truly breaks our hearts to see families that are unable to mourn peacefully and in a timely manner. We want to make sure you're aware of some of the current issues being faced by families. We also want to reassure you that we'll continue to serve you during your time of need.

We've put together the most important information you need to know as it relates to funeral homes and grieving families during this pandemic.

- In many locales, the number of mourners has been set to just immediate family of no more than 10 people at a time.
- Families are expected to follow social distancing measures.
- Funeral homes are using digital DocuSign to complete official documents and are handling arrangements over the phone or via email.
- During this time of uncertainty, wakes or church ceremonies may be unavailable. Loved ones will be going straight from home to the cemetery in most cases.
- Funeral homes may provide live-streaming services so that additional family members and friends may view the funeral.

For more information, we encourage you to read [this article](#) and give us a call. We can work with the funeral home of choice to create a plan and properly pay respect to those we've lost during this trying time.

What is a Bereavement Concierge?

A Bereavement Concierge serves as your liaison between family, friends, and providers after the loss of a loved one. We work with funeral homes, insurance companies, caterers, florists, and more. A concierge will provide helpful guidance during this difficult time in your life. You don't have to do it alone.



Living for Today with Grief.

This pandemic sweeping the globe has not only left many of us anxious about life and death issues, but it has also left many of us struggling with existential losses. "To weather these uncertain times, it's important to acknowledge and grieve lost routines, social connections, family structures and our sense of security — and then create new ways to move forward," says chaplain and trauma counselor, Terri Daniel.

You may be wondering how you or society as a whole can move forward during this time of uncertainty. Here are some ways to honor your grief and find joy in your life.

1. Communicate with Others

It can be as simple as picking up the phone and calling a friend or family member. You can also confide in a licensed professional virtually. Locate a professional near you that offers virtual services by clicking [here](#). You may also find solace gathering a group of friends virtually using apps such as Zoom, Skype, Facetime or Facebook Live.

2. Get Creative

Make a sculpture, draw, or begin journaling as a way to identify, express, and acknowledge loss and grief.

3. Meditate

Make time to slow down and take several deep, calming breaths. Meditation can lower stress and calm feelings of anxiety. For beginners who want guidance, we recommend downloading a meditation app like Calm.

4. Practice Gratitude

This one may surprise you. Gratitude helps us refocus our thoughts. And, although it may feel contrived at first, our mental state grows stronger and more positive with practice. Some of our favorite ways to practice gratitude include writing thank-you notes to loved ones, keeping a gratitude journal, and prayer.

How are you handling loss and grief? Share your experiences and tips with us online. Use



Preparing for Uncertainty.

If recent events have taught us anything, it's that we should be prepared for times of uncertainty. Whether it's a global pandemic or the sudden loss of a family member, preparation provides peace of mind and lessens the burden on those you love. You may be wondering how you can prepare for such a life event. Continue reading for helpful tips and resources to better prepare you for the three most common uncertainties.

Natural Disasters

Federal agencies, like Ready.gov, the National Oceanic and Atmospheric Administration and the Centers for Disease Control and Prevention, provide valuable resources for emergency preparedness. We recommend creating a family communication plan and ensuring all family members understand the plan.

Death of a Loved One

At 1st 24 Bereavement Concierge, we work with families to ensure arrangements are addressed in advance. We recommend taking the following steps to ensure your wishes are carried out by loved ones.

- Organize important documents like life insurance and financial documents
- Work with an attorney to prepare a will and testament
- Discuss and finalize arrangements with the funeral home of your choice

Another great way to prepare is by completing a life review. This exercise ensures your love, gratitude, and commitment to family and friends is expressed. It can also positively impact your life right now. If you or a loved one feels overwhelmed by the process, it would be our honor to assist you.

Financial Uncertainty

How do you know your job will last for the next 10 years? What if you or a loved one incurs unexpected medical expenses? The easiest way to prepare for financial uncertainty is by saving. Make a goal to allocate a portion of your monthly earnings to savings. It need not be much and could be as low as 5%. The fact is when you allocate money specifically to uncertainty, you are better prepared to handle a financial disruption.

You don't have to handle this alone. We're here by your side during difficult times and can provide referrals upon request. Take this time at home to better prepare your family and enjoy one another. Sending peace, love, and healing to all.



Stages of Grief

Grief is universal and experienced by people from all walks of life. There are five common stages of grief, which are experienced differently by each individual. In our bereavement, we spend different lengths of time working through each step and express each stage with different levels of intensity. Let's take a look at the five stages now.

Denial & Isolation

Our first reaction to learning about the death of a loved one is to deny the reality of it. Denial is a common defense mechanism that buffers the immediate shock of the loss and allows us to begin processing it. This stage is felt temporarily by most people.

Anger

Anger is a natural part of the healing process. Be willing to feel your anger, even when it seems endless. The more you truly allow yourself to feel your emotions, the more likely anger will begin to dissipate and you'll begin to heal.

Bargaining

A normal reaction to feelings of helplessness and vulnerability is often a need to regain control. We use bargaining as a line of defense to protect us from our painful reality. Guilt often accompanies bargaining as we begin to question if we could have done more.

Depression

You may withdraw from daily life and experience unimaginable sadness. Depression after a loss is natural and not to be confused with mental illness. This depressive stage may feel as though it will last forever, but it's important to remember it's a healthy part of the healing process.

Acceptance

Most people don't ever feel okay or all right about the loss of a loved one. This stage is simply about accepting the reality that our loved one is gone. At some point, you'll learn to live with that loss and carry on normal activities. It is normal to feel guilt during this stage and it too will pass with time.

Coping with the loss of someone you love is a deeply personal experience. Between paperwork, contacting family and friends, and planning a service - it's normal to feel like the weight of the world is on your shoulders. Did you know there's a service just for handling those matters? 1st 24 Bereavement Concierge Services is there for you and can help you through this process. We address these important matters so that you can grieve properly and in your own time. Visit our website now to learn more.