

Healing Hearts



E-Newsletter // September // 09.02.16

Camp For All 2 U!



This summer, Bo's Place children had so much fun going to camp at Bo's Place! Some of the activity highlights included science experiments, daily s'mores time, games, carnival, talent show, putt-putt golf, giant checkers, scavenger hunt, water day, arts and crafts and so much more!

Despite a great sadness in one's life, it is still possible to experience joy, fun and laughter. Thank you, Camp For All, for bringing Camp For All 2U to Bo's Place.



Physical Pain and Stress of Grief

It's not uncommon to hear those who are grieving complain of headaches, chest pains, confusion and tiredness. Some researchers believe these physical symptoms arise as a way to distract us from the emotional pain of grief. But new technology has also shown that the part of the brain that processes physical pain is the same part that processes emotional pain, which is why emotional pain can

manifest in physical ways.

Perhaps some of this physical-emotional connection is hard wired into us. Because our first human ancestors would have had a better chance of survival as a group versus alone, to ensure a connection, the development of the social/emotional attachment system and the physical pain system were closely aligned.



There's also some research indicating that the death of a loved one triggers an ancient fight or flight response in our brains. When a detachment occurs we either fight to protect ourselves from more loss or we flee to safety. But grief is neither something we can fight or escape. Thus, our brain is telling us to take some action, but there is no action to take and so our bodies experience tremendous stress (Neeld, 2003).

According to author Elizabeth Harper Neeld, PhD (2003), when we are grieving, our brain increases the production of CRH, which is "a hormone that produces anxiety-like symptoms." Additionally, "emergency-mobilizing chemicals are released. [And] as our stress increases, the chemical levels increase; and our central nervous systems becomes highly stimulated. Our breathing may become defective. Biological rhythms of sleeping and eating are disturbed. Our digestion, metabolism, circulation and respiration change. Our ability to concentrate and pay attention decreases."

Because of all these symptoms, many grieving individuals report complete and utter exhaustion and/or a sense of numbness. Again, the exhaustion may be our body's way of forcing us into a slower pace or a healing hibernation, while the numbness may protect us from feeling the intense emotions of grief all at once.

What can you do?

If you are grieving and having physical symptoms, first get a complete check-up to make sure your symptoms are not a sign of something else. When you do get a clean bill of health, accept the fact that your physical ailments may be a part of your grief. Grieving is a healing process and thus you must treat yourself the same as if you were healing from a sickness or surgery by:

- Getting plenty of rest
- Eating well
- Drinking water
- Exercising, even if it's just a short walk around the block
- Simplifying your schedule
- Praying and/or meditating
- Talking to fellow grievers.

Whether physical or emotional, pain typically acts as a warning sign, telling us to stop what we're doing and try something else. For those who are grieving, it is

important to stay in touch with these physical signs in order to stay on a path of continued healing.

Reference:

Neeld, Elizabeth Harper, PhD. (2003). Seven Choices: Finding daylight after loss shatters your world. Grand Central Publishing: New York, NY.



Be an "Olympian" for Bo's Place!

Did Usain Bolt inspire you this year at the Olympics? It's not too late to be a part of Team Bo's Place! You can set your own goal of a half or full marathon or even the 5K and meet other runners.

The Aramco Houston Half Marathon is already sold out but we have spots available. Please share with your friends who might be looking for a way to get into the race.

Best of all, once you set up a fundraising page and raise a minimum of \$350, you become a HERO and get great benefits. Beyond that, Team Bo's Place will have monthly competitions and prizes for our runners. Top fundraiser the week before the Marathon will win an overnight stay at the Marriott Marquis for the night before the race!



To sign up for a half Marathon slot, visit our page [here](#).

If you are interested and want to learn more about Team Bo's Place, grab a friend and join us on Tuesday, September 20, 2016 at The Dunlavy! Sign up to join us [here](#).



THETA CHARITY
ANTIQUES SHOW

Bo's Place is thrilled to have been selected as a recipient of the Theta Charity

Antiques Show. This annual three day fundraising event is November 11-13, 2016. This is one of the premier antique shows in the nation and a Houston tradition founded by the Houston Alumnae of Kappa Alpha Theta in 1952! Since its inception, it has raised over 7 million dollars and has benefitted over 100 charities. This event features a preview party, luncheons, exhibits and over 50 leading antique dealers!

Help us support this wonderful event that raises funds for many worthy causes. You may purchase your tickets [here](#).



We are over 60% sold out for this year's "**Una Notte in Italia**" on Friday, November 4, 2016, 7 p.m. at the Royal Sonesta. We are excited about our hot auction items, which include a culinary adventure in Italy, a wine train and long weekend away in Napa, and a Hot Weekend in Houston with your chance to dine with Houston Texans! You won't want to miss out on the chance to bid on these items along with our silent auction items.

We still have a few spots left, so please contact Andrea Sivells at 713-942-8339 or andrea@bosplace.org.



Happenings



Bo's Place participants attended **Unanswered Questions** on August 3 to ask 10 panelists from the professions of law, law enforcement (police officer), medical (doctor, nurse), funeral (funeral directors) and insurance (life insurance) questions related to grief and loss that they felt were unanswered in their lives. The event allowed for emotions to be shared, difficult topics to be breached, and children to feel uninhibited by the pressure of what's right to say.

On August 5, Bo's Place children participated in **Chillax, Relax, & Rev Down**, where they learned how to effortlessly move to music, find their peaceful place through the art of Yoga, practice deep breathing, and create beautiful mandala coloring pages. The evening could not have been possible without the dancing expertise of Stacey Ramsover and Bo's Place volunteer and Yoga instructor Erica DeIpolyi.



On August 13, Bo's Place hosted its 5th annual **Family Fun Night** filled with snowcones, balloon animals, tattoos, scrapbooking, Harry Potter, a bounce house, food and more. Thank you to Olive Garden, Mam's Snowballs, Ooh La La Sweets, Affordable Moonwalks, Fantazzle, the National Charity League, and Alex Castro for creating a fantastic event for Bo's Place families.

On August 14, Bo's Place welcomed participants from our Spanish language grief support groups to **Fiesta en Bo's Place** for a fun -filled family event. Beautiful face painting (Fantazzle), delicious tacos (El Foodie Boy), salsa music (Alex Castro), and snow cones (Mam's Snowballs) were enjoyed by all who attended. The laughter was even heard outside the building and in the bounce house (Affordable Moonwalks). Thank you to all the volunteers and NCL for helping us to create a family friendly event filled with healing and joy.



Bo's Place Grief Support Services

At Bo's Place, we believe that enabling grieving families to share their experiences with each other helps these families navigate the grief journey and move towards hope and healing. We offer free Grief Support Groups in English and Spanish to

families and individuals.

If you or someone you know would like information about Bo's Place Grief Support Groups for children, families, and adults, [click here](#) or call 713.942.8339.

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.

10050 Buffalo Speedway // Houston, TX 77054 // 713.942.8339

info@bosplace.org; www.bosplace.org; facebook.com/bosplace

