

A series of short letters of help and encouragement for discouraging and frightening times for a patient or family.

When Bad News Comes

You know what I mean, A knock on the door in the middle of the night and the police officer says I'm sorry but I have some bad news. Sometimes it is a letter in the mail. Sometimes it is the doctor who comes into the examination room in his office and says I am sorry to have to tell you that we have done all we can and there is nothing more we can do. You should really get your affairs in order.

Your heart skips some beats and there is a knot in the pit of your stomach and your palms are terribly sweaty. You are sad, mad, afraid, and a host of other emotions that you have not even begun to experience let alone try to process.

There are a couple of ways people may try and cope with bad news. Some people get mad, feel bad, and withdraw from family and friends. Another way people may choose to deal with bad news is to do nothing and simply wait for the other shoe to drop. But for some they see it as an opportunity to try and deal wisely with bad news. Not necessarily have the bad news go away but to make the best of it while it is in the neighborhood.

You may one day find yourself in such a situation or you may already be in one and you may be wondering what in the world am I going to do. Listen to these words of hope and help as you think about dealing with that bad news. Without counsel purposes are disappointed: but in the multitude of counselors they are established.

This is simply saying, ask for advice. Many people do not like to receive advice. Perhaps they are proud therefore they do not like to hear other people's ideas but when bad news hits, the time for pride is not now. Don't let pride keep you from victory and help in times of bad news.

Now you may be saying I get it, I'm not going to let my pride, fear, or anger stop me from getting help. The question is, where can I go for advice. Let me offer you some suggestions. Where does a person go when this happens?

I would suggest that your first line of defense and also help should come from those who are the closest to you. They know all about you. They know how you handle stress and bad news. They know your weak points and also your strong points.

Take some time and talk with them sharing your fears, discouragement, and anger. And in those time you may find that they have the same feelings, questions and fear that you have. Ask them for advice and ideas about how they think all of you together should try and adapt.

Another line of help might be to contact a professional counselor. They may be able to offer you some suggestions that can give you new thoughts about how to deal with your bad news.

Sometimes they may just be that shoulder you can cry on and they will not make fun of how you are trying to handle your struggles . The good news is, God often sends His help by way of human hands.

Next, if you believe in God, another line of assistance may be found by asking a pastor or minister to pray with you. Ask them to show you what the bible says about trials and also hope and encouragement concerning your bad news

"If you turn sour, your circle of friends will get smaller and smaller until it is a circle of one--you!" Being alone, especially when bad news comes to visit, you is not a good thing.

A good friend however is wonderful therapy for hurting, fearful hearts. Bad things happen to bad people but sadly bad things happen to good people as well. Bad news is an equal opportunity employer.

When life knocks us off our feet, we don't have to stay on our back and feel frustrated. The key is to turn that bad news into as many positive things as you can, while you can, as long as you can.

Life is for living. Each of us has only one life, so live it to the fullest dear friend. We lose the joy of living the present when we worry about the future.

Think about these words as applies to bad news "Do not be anxious then, saying, what am I going to do about my cancer, about my heart, about my dementia, or the other bad things I am dealing with. Do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Worriers spend a lot of time "shoveling smoke! Why not live each day to its fullest and leave the dying part to God. Someone once said, the greatest gift God ever gave mankind was to put a curtain over tomorrow so we could enjoy today.

Think of the days we miss living and enjoying life because we worry about tomorrow. Live today and let him take care of what is to come. Then thank him for this wonderful gift

If you have any questions, you can find out more about our program in Cortland County NY by calling Caring Community Hospice of Cortland 607-753-9105 or visiting www.cortlandhospice.org (See our Web Link Page)