



What is Grief?

- Can come from any type of loss
- It is a natural, expected reaction
- Grief is a continuing development, involving many changes over time. It will come and go and appear different at different times



Some Losses and Causes of Loss

Death of a loved one	Skills	Retiring	Lifestyle	Sexuality
Money	Family	Success	Childhood	Independence
Changes	Changing	Failure	Faith	Bodily controls
Separation	Elections		Health	Country
Power	Growing up	Promotion	Control	Surgery
Divorce	Projects	Change	Identity	Abortion
Position	Marriages	Derision	Activity	Body parts
Pets	Teachers	Challenge	Agility	Miscarriage
Title	Beliefs	Closing Out	Responsibility	Teeth
Things	Values	Virginity	Illness	Toys
Just leaving	Leaders	Cowardice	Goals	Choices
Fin	Aging	Fertility	Facilities	Appearance
Loss of friends	Heritage	Location	Dreams	Energy
Theft	Boys (growing)	Vision	Time	Stamina
Misplacement	Reputation	Beslay	Speech	Trust
I	Culture	Self-esteem	Structure	Hope
Argument	Leadership	Schools	Taste	Energy
Graduating	Job/Career	Youth	Freedom	Car Keys
Distance	Followers	Skills		
Tasks				

Why is it important to grieve our losses?

- To move out of shock and allow us to incorporate loss into our lives.
- Begins the process of adapting to a changed world. Where do we put our energies and invest our time. New projects, people, focus.
- Grieving is a form of self care.
- Credit Card analogy

**DEFINITION:
BEREAVEMENT**

To be deprived or robbed of something

**DEFINITION:
SORROW**

Mental suffering, anguish, the internal work of grief

**DEFINITION:
MOURNING**

The observable display of grief and sorrow

HOW DO WE PROCESS GRIEF?

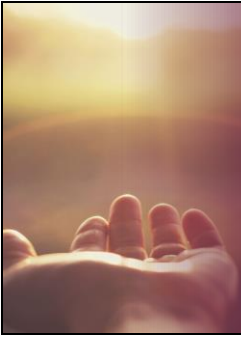
• EMOTIV E



• COGNITIV E








Dispelling the Myths of Grief

- We only grieve death losses.
- Only family members grieve.
- Grief and mourning progress in predictable, orderly stages. (Grief bursts)
- Individuals should leave grief at home. (Collateral Beauty)
- Being upset and openly mourning means you are weak in your faith or do not believe in God.
- Grieving means we have to let go of the person who died

Emily Dickinson

"I measure every grief I meet
With narrow probing eyes
I wonder if it weighs like mine
Or has an easier size."



Seneca (1st Century)

No emotion falls into
dislike so readily as
sorrow



Am I Going Crazy?

"Why don't I cope better?
Does everyone feel like this?"



Shakespeare's Hamlet

"When sorrows come, they come not as single
spies, but in battalions."



Samuel Johnson

"While grief is fresh, every attempt to divert it only irritates."


FACTORS THAT INFLUENCE GRIEF

Cultural Framework	Family rules of expression	Relationship to the deceased
Circumstances of the death	Religious beliefs	Personal coping skills
Personality of the individual	Current life stresses	Physical health
Support System		

Disenfranchised Grief

A loss that cannot be totally sanctioned, openly acknowledged or publicly mourned.

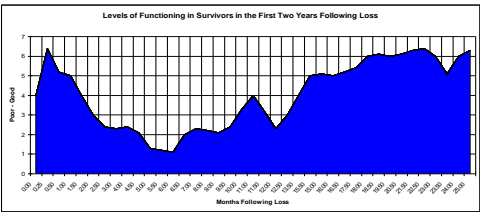
- The Relationship is not recognized
- Loss is not acknowledged
- Griever is not recognized
- The ways individuals grieve
- Examples?



Role of Funerals in influencing

- The ritual or funeral experience
- Did it help or hinder the grief experience?
 - Did it honor the person who died and bring you close to others?
 - Were you unable to attend the service?
 - Was there no type of service held?

LEVELS OF FUNCTIONING




COVID-19 Loss

- The pandemic changed the way we live, and the way we grieve. It impacted everyone in some way as we grieve life as we once knew it.
- Millions are grieving one or more losses to COVID.



COVID-19 Loss


- COVID losses can be sudden, traumatic. Trauma can cause anxiety, fear of more losses.
- Can create compound losses if more than one loss has occurred
- Thoughts that the person(s) who died may have suffered
- Had hoped the person would get better or death could have been prevented.




Factors that influence grief during a pandemic

- Inability to be with the person when they were ill/dying
- Social distancing preventing funerals and burials and the ability to say goodbye
- Rituals delayed, or held other than place of worship
- Virtual services do not seem as warm and personal. Hard to engage on a screen


Trauma (continued)




Have feelings of guilt for not being there with them or feeling you exposed them to COVID



Were involved with hard medical decisions



Linger on distressing thoughts in the news



Have anxiety over catching COVID

**Warning
signs of
complicated
grief**

- Minimal or total lack of emotional expression
- Extreme reactions (unusually angry, or feelings of guilt) that persist for several weeks
- Prolonged Depression
- Insomnia
- Over activity without sense of loss
- Prolonged Denial
- Marked change in Health
- Agitation
- Self Blame

**Suggestions for
coping with
cognitive/
intellectual
changes**

- Allow for numbness – this serves a valuable purpose, giving your emotions time to catch up with what your mind is telling you
- Be tolerant of others
- Be very alert to suicidal ideations – seek help
- Remember that grief takes time to work through

**HOW CAN I
HELP?**



- Give people permission to grieve
- Accept their feelings
- Do something
- Encourage them to verbalize their feelings
- Don't worry about saying the right thing
- Listen without judgment
- Avoid clichés
- Encourage reminiscence
- Remember the value of present – 85% is just showing up



**Things to Remember
for Yourself**

- Be kind to yourself, forgive yourself.
- Practice Self Care
- Remember you are not alone
- Seek out support:

Friends, family, clergy,
support group/class,
professional counseling,
books, videos, and
articles on grief and loss.





Enjoy the rest of your day!

Take a break and look for your next session.