

Good Grief

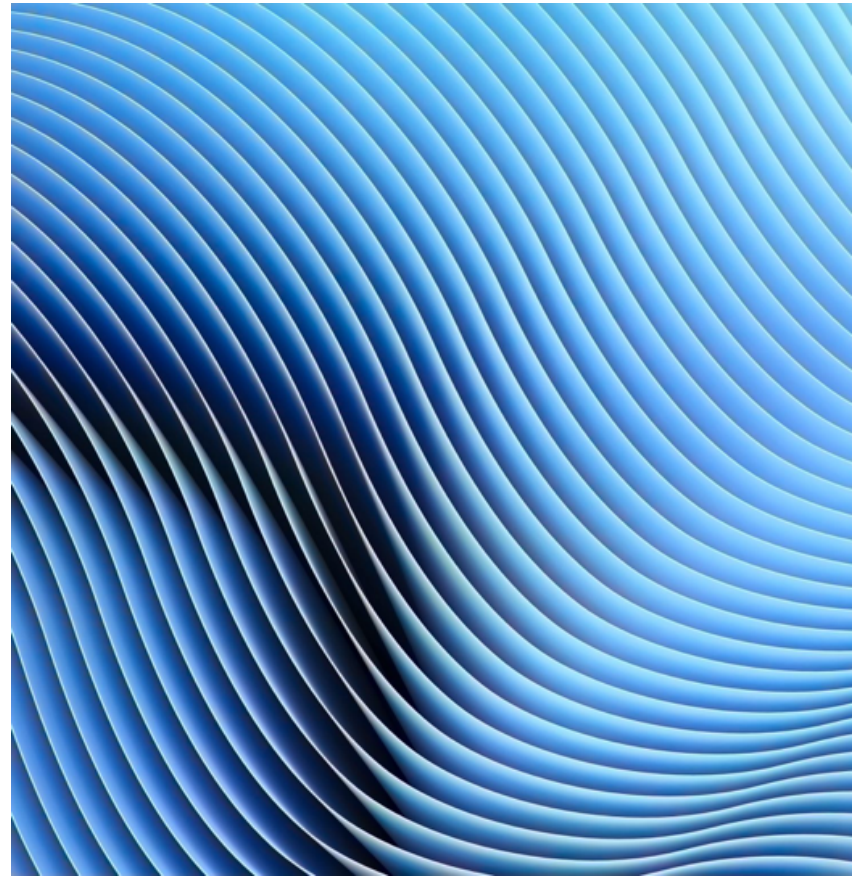
What We Know About Grief



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True or
False

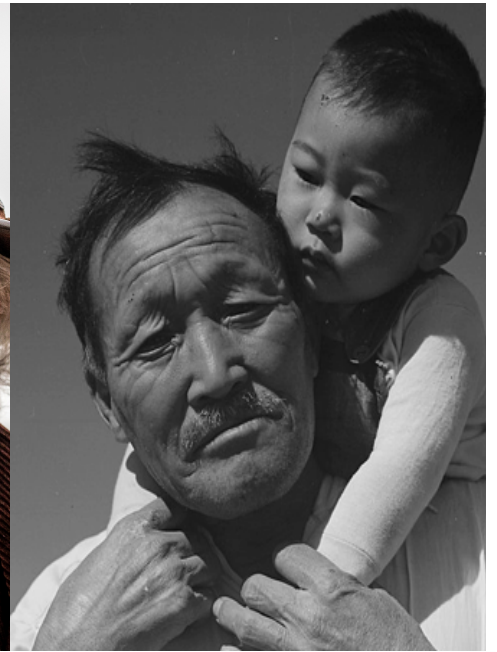
Grief, Loss and Mourning



You've had
losses
before,
haven't you?



Grief is the cost we pay
for having loved.



Many Types of Losses

Becoming and empty nester,
death of pet, divorce, dream,
graduation, health changes,
marriage, menopause,
moving, retirement...

Can you name



Life After
Empty Nest
When the Children Move Away...the Parents Will Play!



Disenfranchised Losses

These are losses that aren't publicly acknowledged.



GRIEF is an.....



Grieving is WORK!

How long will it last?

- Closeness of the relationship
 - Is there a support system, in place?
 - The manner in which the loss occurred
 - Is there unfinished business?
-



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Expectations You Can Have for Yourself While Grieving

- Your grief will take longer than most people think
- Your grief will take more energy than you would've imagined
- Your grief will involve many changes and be continually developing
- Your grief will show itself in all spheres of your life: psychological, social, physical and spiritual
- Your grief will depend on how you perceive your loss
- You will grieve what you have lost already and for what you have lost for the future.
- You may feel like you're going crazy
- You may begin a search for meaning and may question your spiritual beliefs and/or philosophy of life
- Everyone's grief experience is different.
- Each grief experience is different

Grief is not a
disorder, so
there is no
cure



Heart to Catch Up



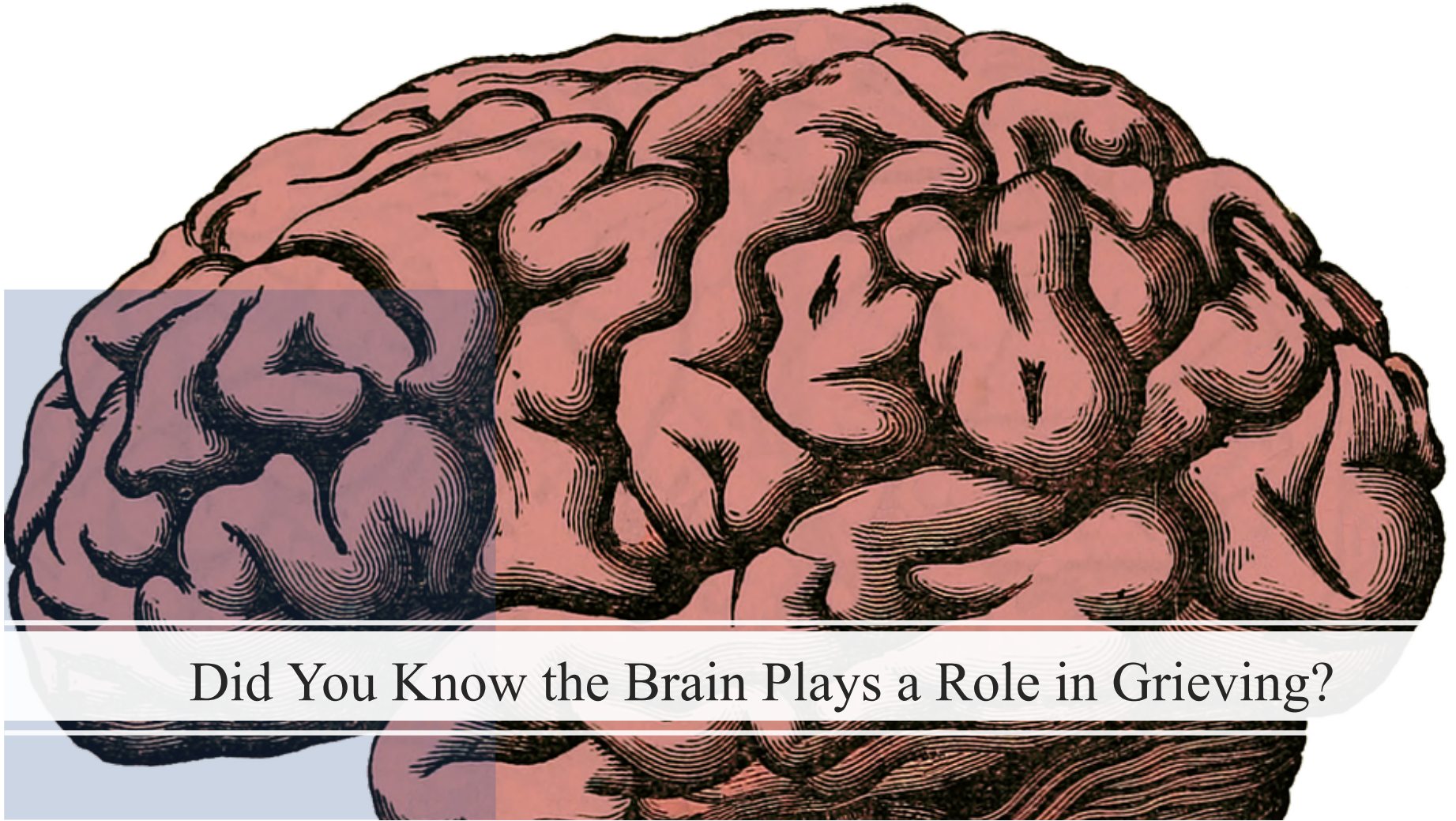
My heart needs to catch up with what my head
already knows.

My head needs to catch up with what my heart
already feels.



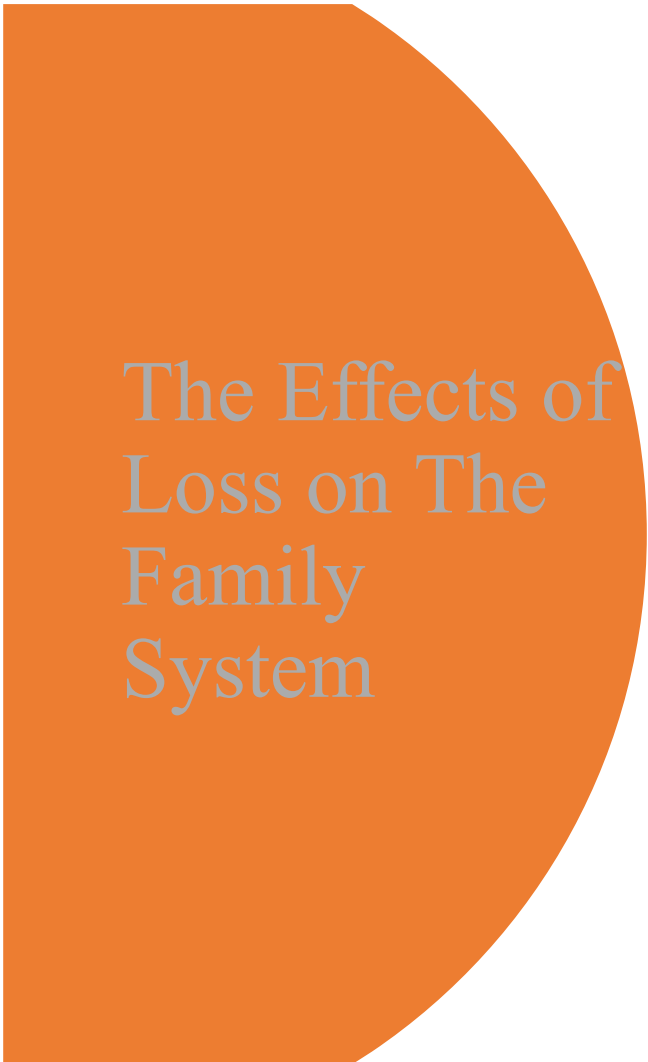
Grief is
incurable, not
all wounds
are meant to
heal





Did You Know the Brain Plays a Role in Grieving?

Depression
vs, Grief
You decide

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The Effects of Loss on The Family System

- Grief in families can be complicated because each person must deal with his or her own grief while also coping with that of others in the family.
- With the loss of a family member, the family system will change.
- Impacts of the loss may spread through multiple generations in the family and may not be restricted to the generations that directly experience the loss.
- Roles: Following the death of a family member, roles may need to be reassigned, or roles shared.
- Rules of engagement can change.
- Family Rituals: Rituals can serve a powerful function when families deal with loss and can facilitate the necessary reorganization of families when a family member dies.



Grief doesn't end, it
changes

Is there a normal grieving and abnormal grieving?

Acute/Normal—What most of us will experience when we experience the loss of someone.

Complicated Grief/Abnormal— Is usually more severe and prolonged and it impairs function in important domains.



Differences in Grieving between the Genders

Is there a difference between the way men grieve compared to women grieving?



If so, why?



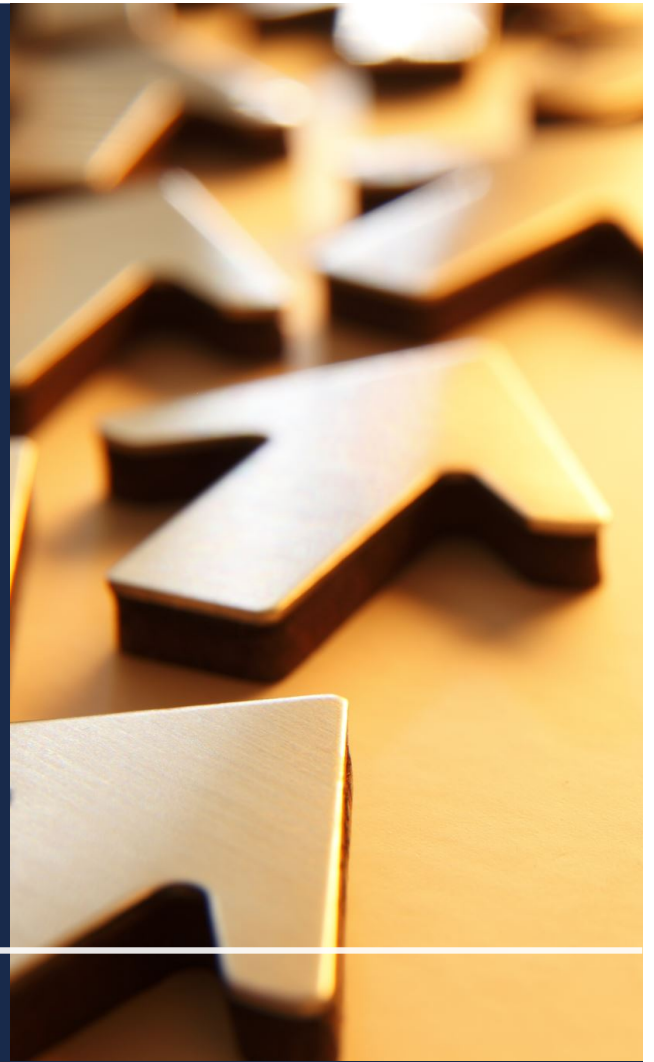
my love is lying
And I must weep alone.

— Edgar A

Coping Styles of Men

- Silence
- Secret or solitary grief
- Taking action, such as physical and legal repercussions
- Immersion into another activity, such as work
- Falling into addictive behavior

Nora McIrney




Continuing bonds...

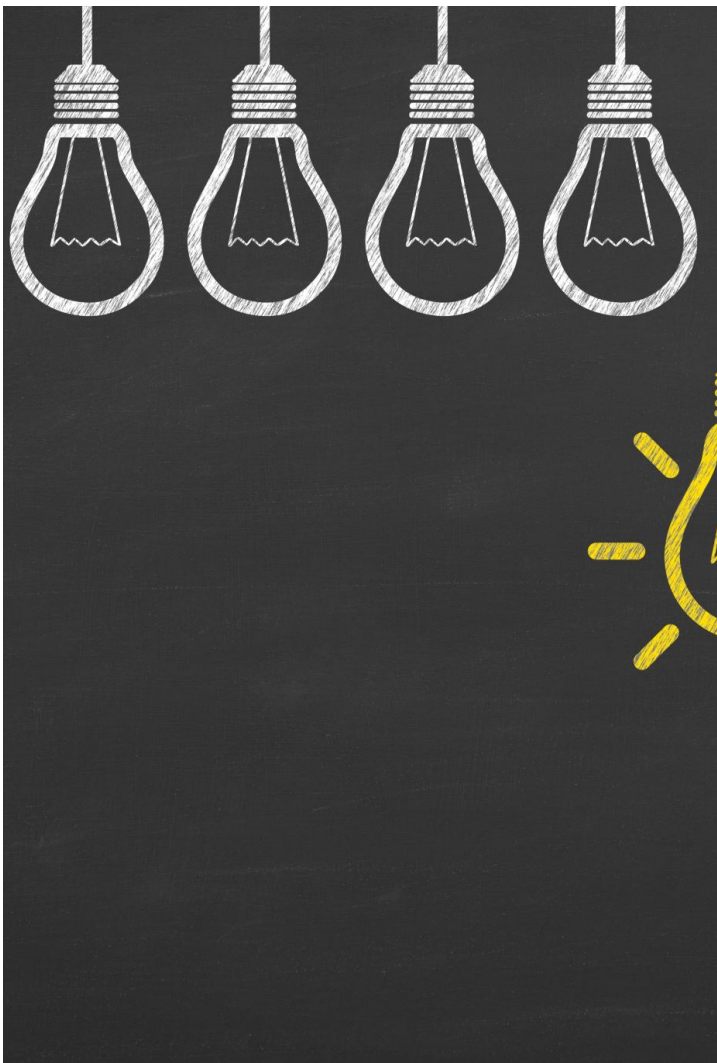
We figure how to stay connected to who we've lost, while moving forward.

When a loved one dies, one slowly finds ways to adjust and redefine the relationship with that person, allowing for a continued bond that will endure in different ways and to varying degrees throughout one's life.



A dark gray, abstract, angular shape on the left side of the page. It has a vertical left edge, a horizontal top edge, a horizontal bottom edge, and a right edge that is composed of two diagonal segments meeting at a point. The text 'You and God' is centered within this shape.

You and
God



Benefit Finding

Benefit finding involves seeking the positive significance of the loss, the silver lining, if any, in the dark cloud of bereavement.

This often takes a while.

Ponder..

- In your view, have you found any unsought gifts in grief?
- How has this experience affected your sense of priorities?
- What lessons about loving or living has this person or this loss taught you?

What is Good Grief?

Good Grief is allowing yourself to feel what it feels like to have loved greatly and lost greatly.

