

# What Does it Mean to Grieve?

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# What is Grief?

“Grief is a natural response to loss. It’s the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense the grief will be. You may associate grief with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief”

<http://www.helpguide.org/articles/grief-loss/coping-with-grief-and-loss.htm>

# Types of Grief

## ■ Normal Grief

- process of moving forward and eventually accepting the loss
- people can continue to function and engage in activities

## ■ Anticipatory Grief

- begins prior to the death of a loved one
- can be experienced by the person with the terminal illness

# Types of Grief

- Complicated Grief
  - your feelings are debilitating and interfere with your ability to engage in activities
- Delayed Grief
  - occurs when a person has avoided dealing with the loss and or their feelings
- Inhibited Grief
  - is when people do not express how they are feeling and it usually festers within them until it results in health issues

# Stages of Grief

- Five Stages of Grief
  - Denial
  - Anger
  - Bargaining
  - Depression
  - Acceptance

# Stages of Grief

“Instead of a series of stages, we might also think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning; the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief. . . .”

<http://blog.griefrecoverymethod.com/blog/2013/06/grieving-process-there-any-such-thingSource>

# Stages of Grief

## ■ Denial

- Common themes or feelings include this can't be happening, my world is meaningless, avoidance, confusion, fear, numbness, blame
- Gives us an opportunity to absorb the shock and block our feelings
- Minimizing or denying the loss has occurred

# Stages of Grief

- Anger
  - Common themes or feelings include why is this happening, I hate you for leaving me, frustration, anxiety, limitation, embarrassment, shame
  - Emotionally we resent the person for causing us pain
  - Can be directed toward friends, family, strangers, slamming of doors, or the deceased person



# Stages of Grief

## ■ Bargaining

- Common themes or feelings include I will do anything to change this, helplessness, weakness, thinking that you should've gotten a second opinion, should've gone to the doctor sooner, making a deal with a higher power in an attempt to postpone the inevitable
- In this stage we struggle to find meaning for what has happened
- We want our lives back the way we know it

# Stages of Grief

## ■ Depression

- Common themes or feelings include what's the point of going on, I'm too sad to do anything, dazed, listless, defenseless, spend time crying
- To not experience some level of depression would be odd because it's a necessary step to healing
- They recognize the loss has occurred which is an important step to acceptance

# Stages of Grief

## ■ Acceptance

- Common themes or feelings include it's going to be okay, reorganization, adjusting your life, redesigning and redefining how you will be without that person here or without the job that you had
- They understand the situation is logical, you can't prevent someone from dying of an incurable illness
- They come to terms emotionally with the situation and are at peace with the loss

# Tips for coping

## ■ Get support

- Grief counselors
- Accept help from others
- Support Group
  - ◆ General support groups are held at Newark Senior Center, Wilmington Senior Center, Cokesbury Village
  - ◆ The Cancer Support Community  
<http://www.cancersupportcommunity.org/>
  - ◆ Delaware Hospice Grief Support Programs  
<https://www.delawarehospice.org/2012/01/03/delaware-hospice-announces-monthly-drop-in-grief-support-groups-in-milford-and-millsboro/>

# Tips for coping

## ■ Get support

### ● Spiritual Support

- ◆ Faith Based Grief Support Group

<http://www.griefshare.org/>

- ◆ Seasons of Hope is a Catholic support group which can be found at

<http://www.cdow.org/>

### ● Online Resources

- ◆ Delaware Grief Awareness Consortium

<http://degac.org/> has a grief resource directory available

- ◆ National Hospice and Palliative Care Organization has resources at

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>

# Tips for coping

- Take Care of Yourself
  - Physical activity
  - Deep breathing, yoga, or mediation
  - Express your feelings
  - Engage socially
  - Get enough sleep
  - Healthy diet
  - Avoid Alcohol, Cigarettes, and Drugs
  - Plan ahead for events that may trigger your grief

# Myths about Grief

- The pain will go away faster if you ignore it
- Grief should only last a year
- Moving on means forgetting what you have lost

# Time to Share....

- Questions?
- Comments?
- Discussion?



Thanks for coming and caring!