



HospiceCare | PalliaHealth | Grief Support Center | Age at Home

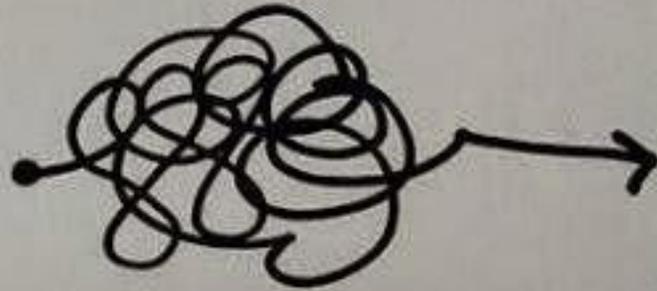
Grief and Self Care

Deanna Rymaszewski, MSW, APSW, APHSW-C

HOW WE
WANT
GRIEF TO
WORK



HOW GRIEF
ACTUALLY
WORKS



GRIEF



Grief is the feelings we experience as we anticipate and suffer loss.



We do not
grieve *only*
for a death:

Home, parking space
Relationships and friendships,
community
Job/employment
Person through death



Loss is cumulative, grief is compounded.

Grief Basics

Lasts longer than what people think

Takes more energy than what is imagined

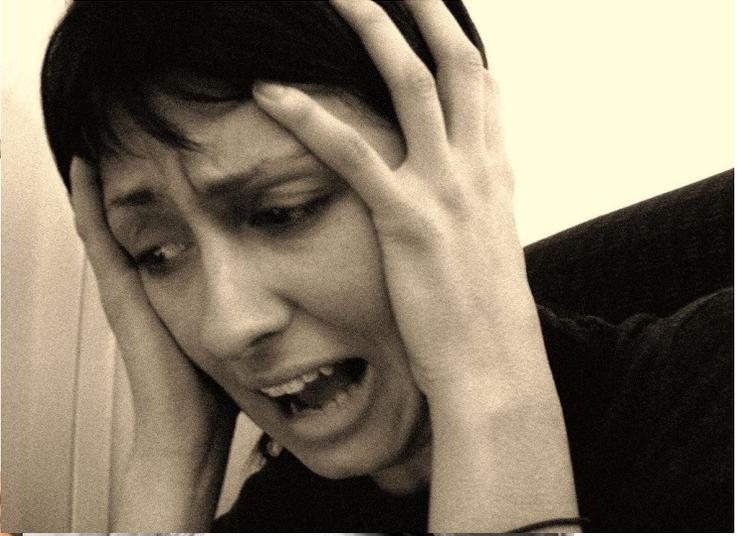
Changes and evolves over time

Show up in each sphere of life, physically, emotionally, financially, spiritually, socially

Grief Basics



- Will stir up past losses
- Will include mourning the hopes, dreams, and unfulfilled expectations and needs that go unmet
- Will include many feelings not just sadness



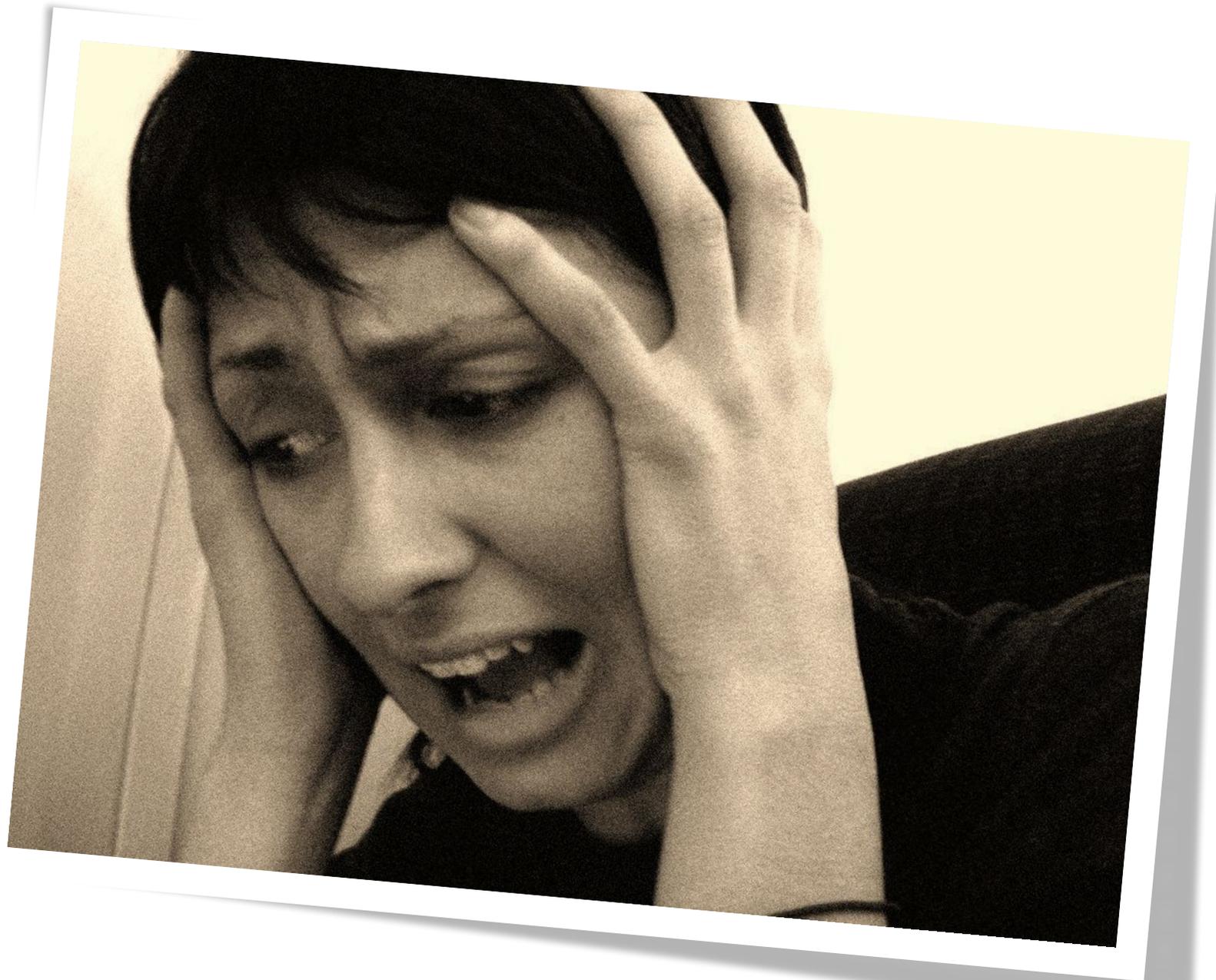
“There is no right response to death. You make it up as you go along.”

– Joan Connor

Shock



Panic



Confusion



Outbursts



Relief



Guilt



Grieving a Loved One

- Adjustment process
- Reconciling the physical absence of someone with whom they continue to have a psychological or spiritual relationship
- Death and/or absence does not end our need for that connection

What Grief Can Look Like:

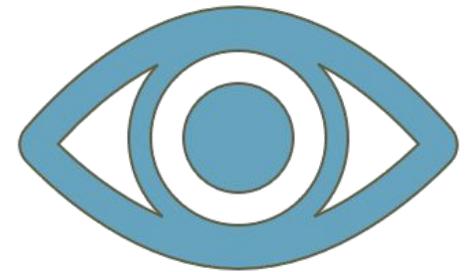
Fear Insomnia Irritability

Restlessness Absentmindedness

Mistrust Depression Headaches Fatigue

Appetite Change Substance Use/Abuse

Lack of concentration/focus



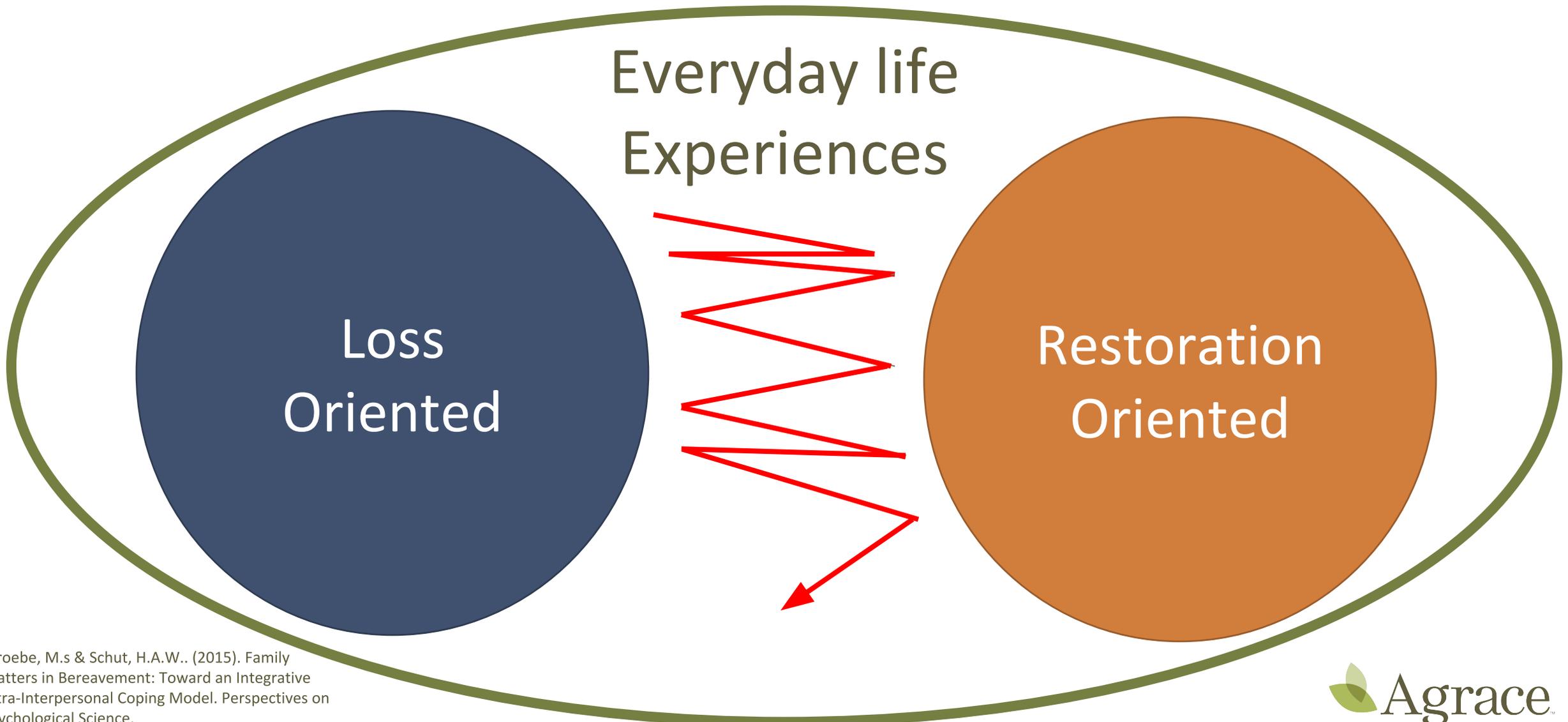
THE DUAL PROCESS MODEL

of Coping with Grief helps us find the balance between facing the reality of our loss and learning to live our life after loss.

HEATHER STANG, MA



Dual process model of grief





Dual Process Model of Grief: Individual

Loss Oriented

- Accept reality of loss
- Experience pain of grief
- Adjust to life without deceased
- Emotional relocation of the deceased

Restoration Oriented

- Accept reality of changed world
- Take time off from pain of grief
- Master the changed environment
- Develop new role, identities, relationships



Dual Process Model of Grief: Community Family

Loss Oriented

- Group acceptance of loss
- Share in pain of loss
- Adjust as a group without the deceased
- Emotional relocation of the deceased within group context

Restoration Oriented

- Accept the reality of the changed community/family
- Group-level distraction and non-grief related activities/interaction
- Group adjustment: make changes in ongoing community life/relationships
- Move on as a community/family

Stroebe, M.s & Schut, H.A.W.. (2015). Family Matters in Bereavement: Toward an Integrative Intra-Interpersonal Coping Model. *Perspectives on Psychological Science*.

Care for Others & Self-Care



ACKNOWLEDGE YOUR
OWN FEELINGS



NON-JUDGMENT
AL



RECOGNIZE THAT WE
WILL NEVER TRULY
UNDERSTAND
ANOTHER'S JOURNEY.



GRIEF IS PAINFUL; IT'S A
PROCESS THAT CANNOT BE
RUSHED OR "FIXED".



BE PRESENT



OFFER/SEEK
EMOTIONAL
SUPPORT

Self Care



SLEEP



MOVEMENT



OUTSIDE



CREATIVITY



CEREMONY



CONNECTION



HEALTH

Helping Others through Grief



Write	Write important dates on the calendar and acknowledge them (anniversary of the death, birthdays)
Offer	Offer to accompany them to social functions
Specify	Specify what tasks or duties you might help with (taxes, snow shoveling, dog walking)
Initiate	Initiate the connection and give them a choice rather than saying, "if you need anything....."
Call	Call, send an email or text letting them know you are thinking of them.

Online Resources

- Agrace Grief Support
- The Dougy Center
- Hello Grief
- Grief Net
- Open to Hope
- The Compassionate Friends



Local Resources

- **For Bereaved Adults**

- Center for Life and Loss Integration: (608) 258-7771
- Good Shepherd Lutheran: (608) 271-6633
- Gunderson Funeral Home: (608) 221-5420
- Agrace HospiceCare, Inc.: (608) 276-4660
- UnityPoint Health-Meriter Hospital: (608) 267-5900
- Living with Loss - Gilda's Club of Madison: (608) 828-8880

- **For Parents**

- Bereaved Parents: (608) 837-3706
- Compassionate Friends: (608) 835-7493 or (608) 258-0014 (24-hour phoneline)
- Agrace HospiceCare, Inc: (608) 276-4660
- Living with Loss - Gilda's Club of Madison: (608) 828-8880

- **For Children and Teens**

- Children's group (ages 5-12): (608) 276-4660
- Agrace HospiceCare, Inc, - Teens/Children groups: (608) 276-4660
- Living with Loss - Gilda's Club of Madison: (608) 828-8880

- **For Widows and Widowers**

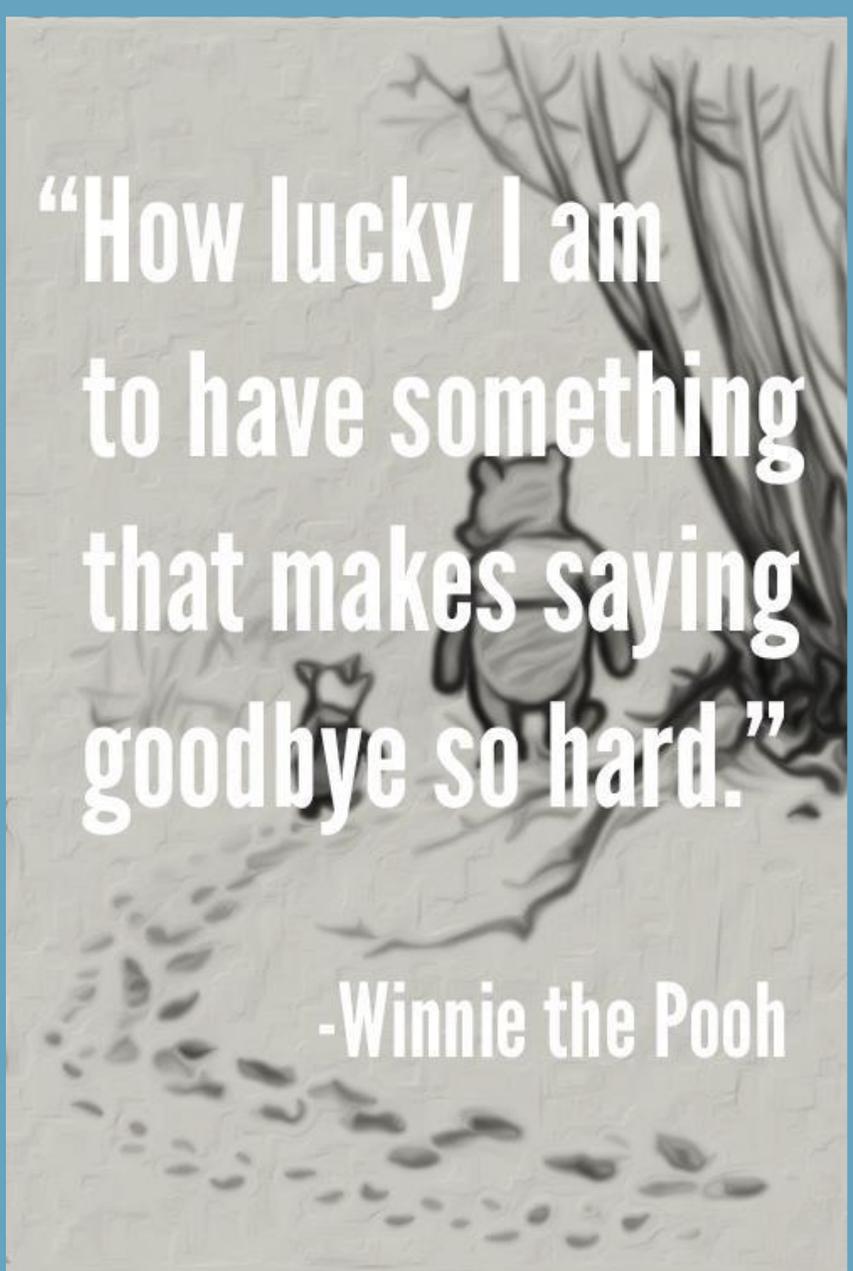
- Living with Loss (Belleville): (608) 424-3681
- Widows/Widowers Social Group: (608) 271-6633
- Agrace HospiceCare, Inc.: (608) 276-4660
- Living with Loss - Gilda's Club of Madison: (608) 828-8880



Books

- **Adults**
 - **Good Mourning: Getting Through Your Grief** by Allan Hugh Cole, Jr.
 - **Bearing the Unbearable** by Joanna Cacciatore, PhD
 - **The Other Side of Sadness** by George A Bonanno
 - **It's OK that You're Not Ok: Meeting Grief and Loss in a Culture that Doesn't Understand** by Megan Devine
- **Teens**
 - **I Will Remember You: What to do When Someone You Love Dies – A Guidebook through Grief for Teens** by Laura Dower
 - **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing after the Sudden Death of a Loved One** by Brooke Noel
 - **Weird is Normal when Teenagers Grieve** by Jenny Lee Wheeler
 - **Modern Loss: Candid Conversation about Grief** by Rebecca Stoffer and Gabrielle Birkner
- **Children**
 - **I Miss You: A First Look at Death** by Pat Thomas and Leslie Harker
 - **Tear Soup** by Chuck DeKlyne, Taylor Bills and Pat Schwiebert
 - **When Dinosaurs die: A Guide to Understanding Death** by Laurie Kransy Brown
 - **Sad isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss** by Michaelene Mundy and R.W. Alley
 - **Grief is a Mess** by Jackie Schuld





“How lucky I am
to have something
that makes saying
goodbye so hard.”

-Winnie the Pooh

www.myspace.com

Grief is not a disorder, a
disease or sign of
weakness. It is an
emotional, physical and
spiritual necessity, the
price you pay for love.
The only cure for grief is
to grieve



Earl Grollman