

Grief 101



8 Myths about Grief

- **Myth 1:** We only grieve deaths. **Reality:** We grieve all losses.
- **Myth 2:** Only family members grieve. **Reality:** All who are attached grieve.
- **Myth 3:** Grief is an emotional reaction. **Reality:** Grief is manifested in many ways.
- **Myth 4:** Individuals should leave grieving at home. **Reality:** We cannot control where we grieve.

- **Myth 5:** We slowly and predictably recover from grief. **Reality:** Grief is an uneven process, a roller coaster with no timeline.
- **Myth 6:** Grieving means letting go of the person who died. **Reality:** We never fully detach from those who have died.
- **Myth 7:** Grief finally ends. **Reality:** Over time most people learn to live with loss.
- **Myth 8:** Grievers are best left alone. **Reality:** Grievers need opportunities to share their memories and grief, and to receive support.

Grief: What is it?

Grief represents a set of behaviors and feelings that are a normal reaction to a significant **loss or change**

- *Loss of an object
- *loss of a role
- *loss of a person



Considerations About Grief

- Grief is the *reaction* to any loss
- Grief is *normal, natural and necessary*
- Grief is cyclical- *not a linear progression*
- Grief is a *personal* experience



What does
grief feel like?
*“normal
reactions and
experiences”*

Emotional

Physical

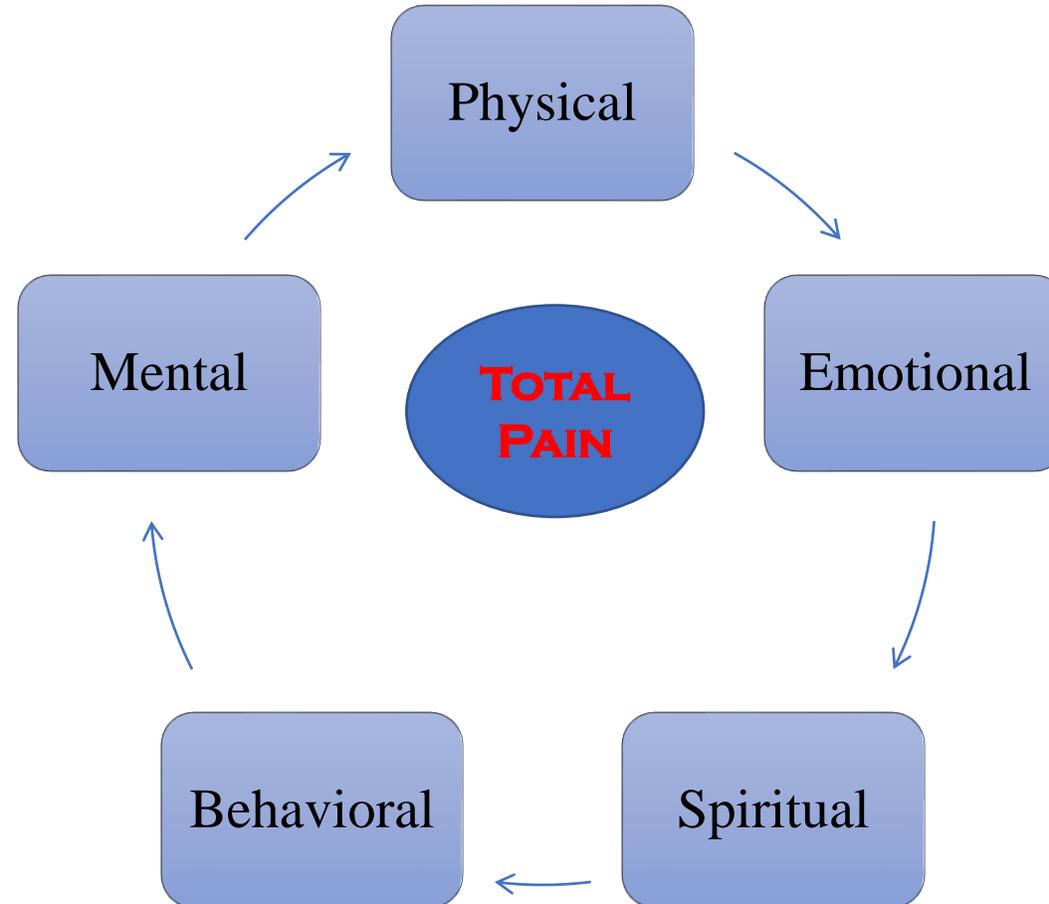
Spiritual

Mental

Behavioral



Grief Pain = Total Pain



What we may think or feel....

- I am going crazy
- I'm not getting better
- I should be feeling like everyone else
- No one understands
- I can't stop crying
- I'll never feel better
- Abandoned
- I should be over this by now
- I'm a burden
- Will I "get over" this quickly?

What makes grief challenging during COVID 19 pandemic

- Inability to experience a proper mourning ritual
- Inability to touch, hug
- Inability to enjoy usual self-care activities
- Global stressors, “everyone going through something”
- Disenfranchised grief
- Inability to have physical social contact

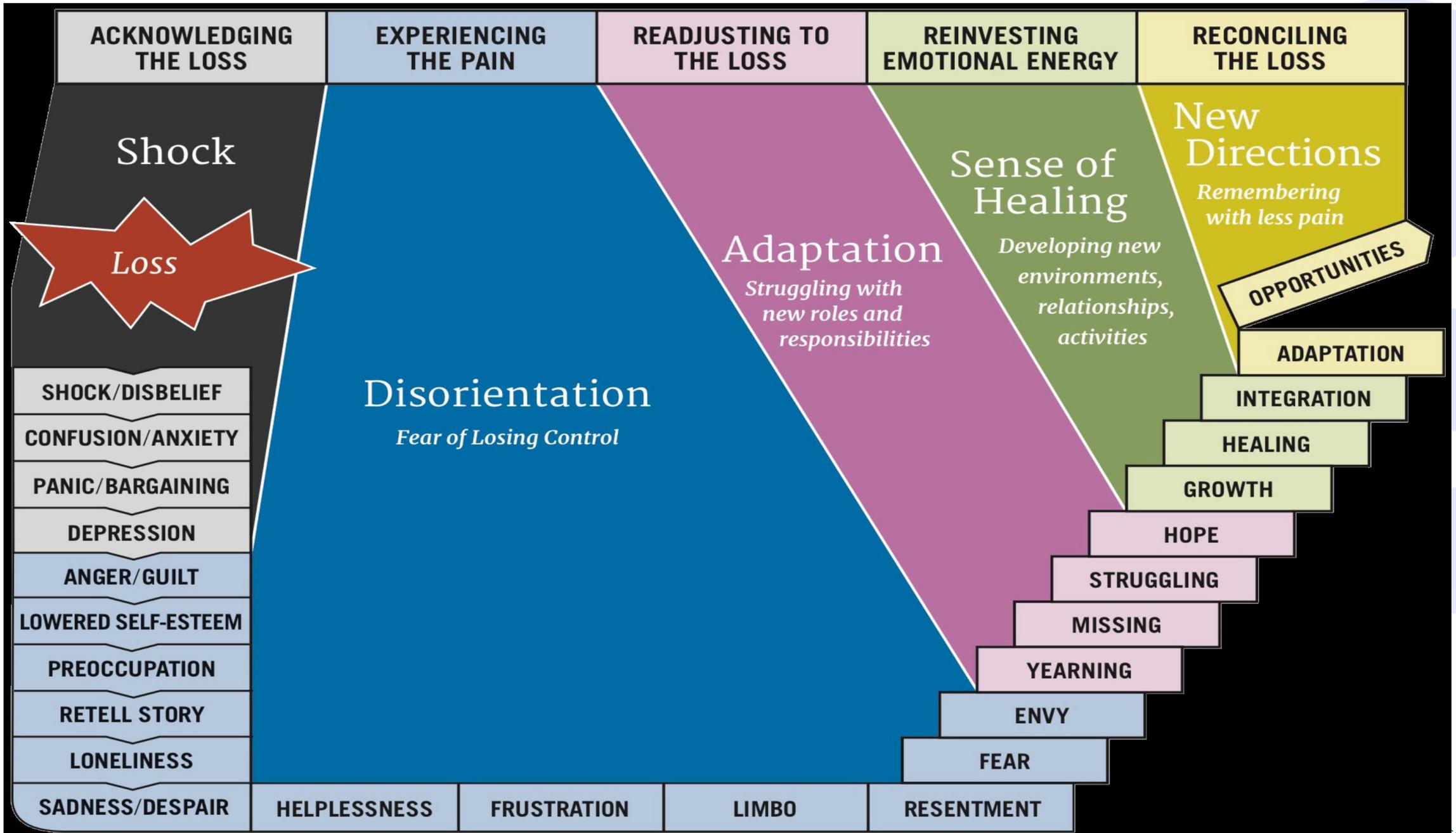


The Experience of Grief

- Acknowledging the reality of the Loss
- Embracing the pain of the loss
- Re-adjust to the Loss
- Re-invest Emotion Energy
- Reconcile the Loss



Taken from The Experience of Grief by Jack LoCicero



“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”
—Christopher Germer,



Self Care

- **P (PHYSICAL)** – Walk the dog, do yard work, work-out, take the stairs, join an exercise class.
- **I (INTELLECTUAL)** – Read a book, work on a crossword puzzle, pursue a hobby, take some lessons in an area of interest.
- **E (EMOTIONAL)** – Take time to reflect/Journal, Forgive (self or others), join a support group, go out to lunch with a friend.
- **S (SPIRITUAL)** – Talk to spiritual leader in your community, listen to inspirational music, read poetry, pray, or meditate.

What to Say....

- That sounds like it was really hard.
- What happened next?
- How did you respond?
- I am here and want to listen.
- It isn't fair, isn't it?
- Tell me what you are feeling.
- I will call you tomorrow.



What Not To Say...

- Their death was a blessing.
- It is God's will.
- It is all for the best.
- You have your whole life ahead of you.
- You can always remarry.
- You can always have more children.
- I know exactly what you are feeling.



For information about our
Support Groups Visit
hom.org

