GRIEF SUPPORT & SELF-CARE

An Interactive Learning Workshop
with Genevieve Douglass-Beckham

SATURDAY, October 9, 2021
2021 Virtual International CoDA Convention
www.coda.org

Please bring: Your Presence
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Grief and Mourning Overview

Grief, mourning, and a variety of feelings are reactions that the grieving person will experience following the death of a loved one.

4 Tasks of Mourning*

1. Accept the Reality of the Loss
2. Work Through and Experience the Pain
3. Adjust to an Environment in which Your Loved One is Gone Forever
4. Find an Enduring Connection with Your Loved One in the Midst of Embarking on a New Life.

Common Emotional Reactions

- → Shock
- → Strong Emotions
- → Sadness
- → Depression and Loneliness
- → Fear and Panic
- → Guilt
- → Anger
- → Apathy
- → Adjustment

* Adapted from J. William Worden

The grieving person will experience some of these emotional reactions, but not necessarily all of them and not in any particular order. Grieving persons will revisit the emotional reactions to their loss many times during the acute phase of their loss, within the first few years after the death of their loved one. Acute, raw grief endures one to three years or a bit longer. One never gets over the death of a loved one, but can get through it with the help of grief support groups. In the event that a person feels "stuck", or prolonged in his or her grief, the help of professional counseling must be sought. Ask your group leader for a referral.

The grieving person needs to know and rehearse often:

EVERYTHING YOU FEEL AND EXPERIENCE
IN YOUR GRIEVING IS NORMAL.

YOU ARE NOT GOING CRAZY.

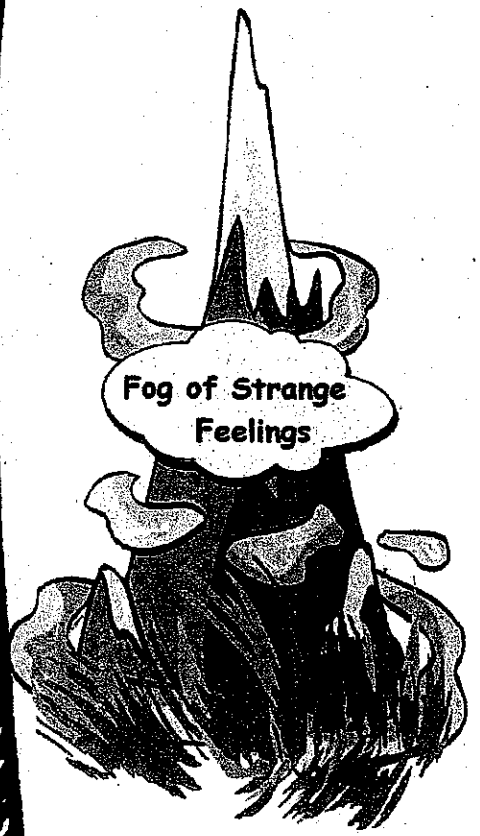
YOU HAVE PERMISSION TO GRIEVE.

You are on a journey of grief and you need the map of:

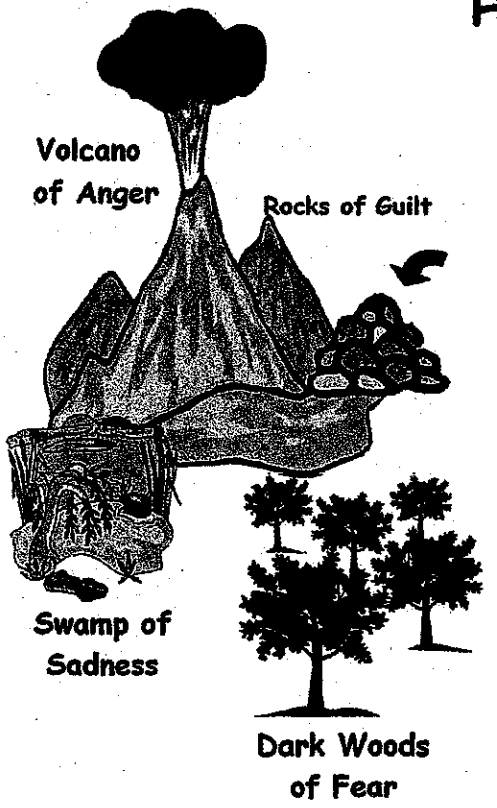
THE LANDS OF MOURNING

It shows you where you are and where you need to go during this sad time.

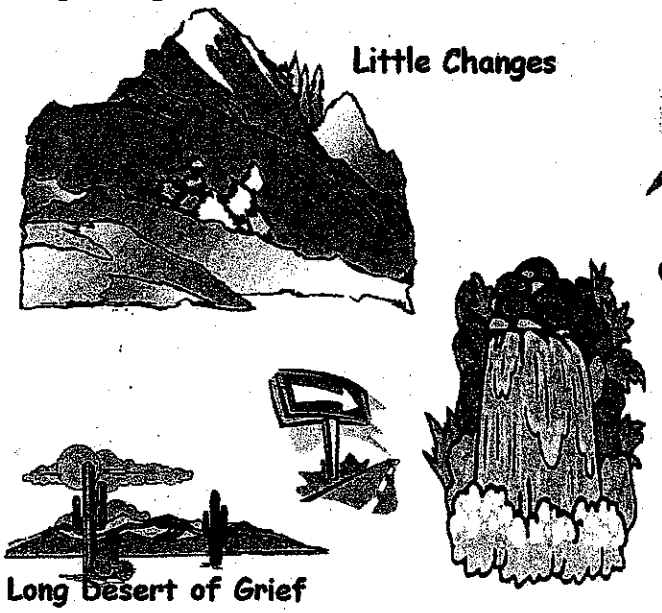
REALITY MOUNTAIN



VALLEY OF PAIN



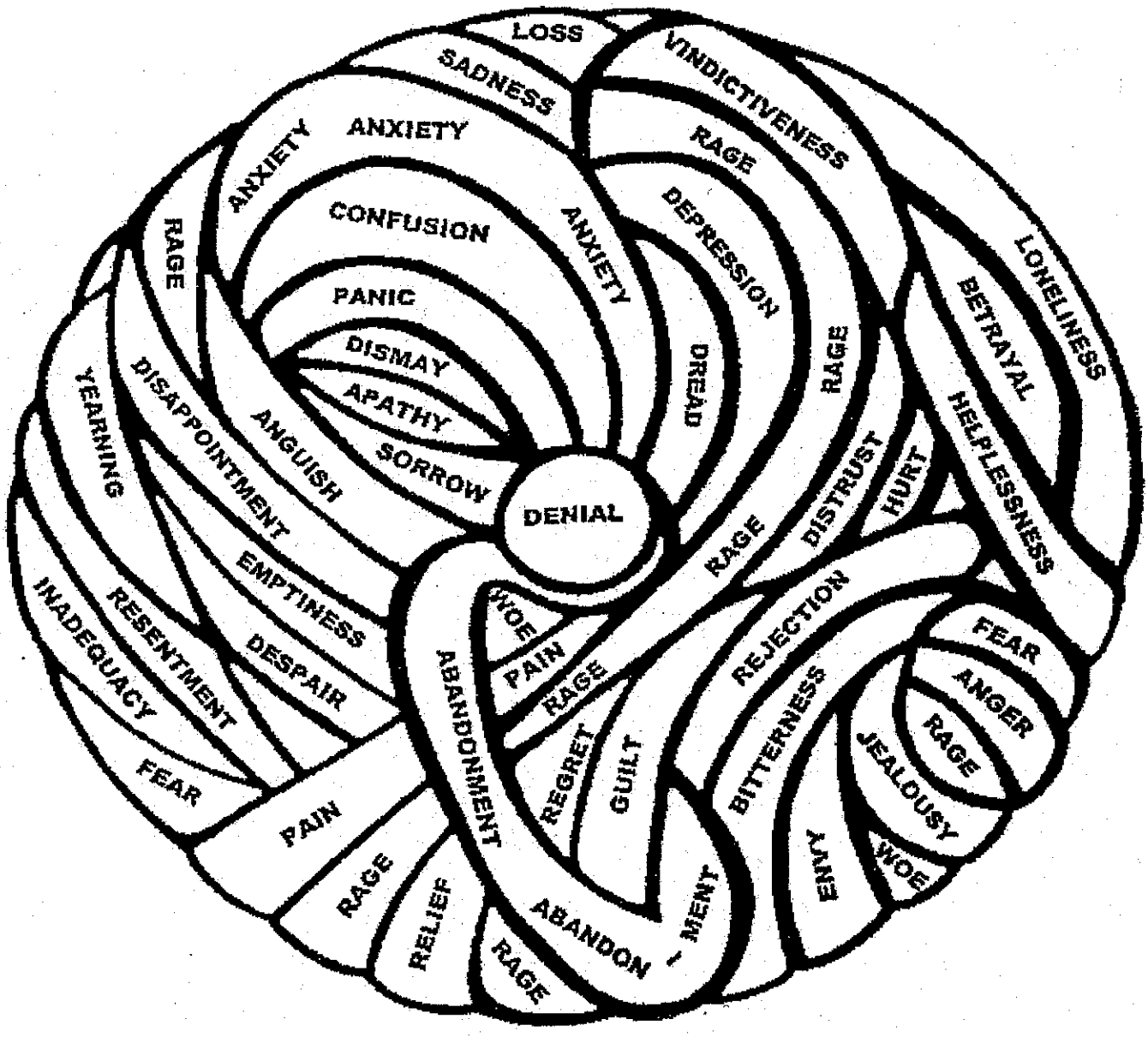
HILLS OF CHANGE



SPRINGS OF NEW NORMAL

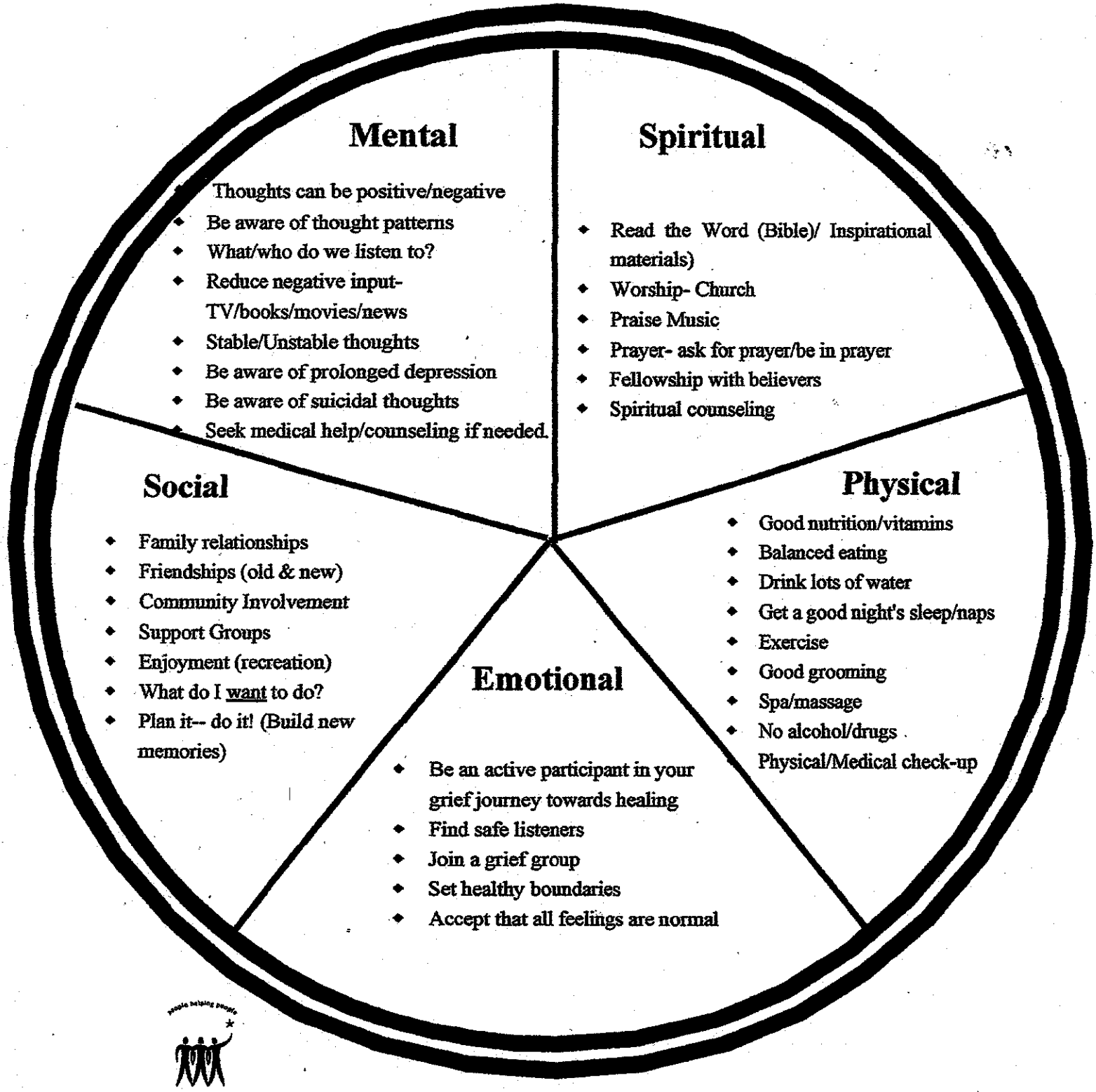
GRIEF...

A Tangled "Ball" of Emotions



Healthy Holistic Grieving Person

Our grief affects the entire person involving all areas of one's life: mentally, spiritually, physically, emotionally, socially.



562-429-0075 info@newhopegrief.org www.newhopegrief.org

What We Need During Grief

Time: You need time alone and time with others whom you trust and who will listen when you need to talk. You will also need months and years to feel and understand the feelings that go along with loss.

Rest: You need extra amounts of relaxation, exercise, nourishment and diversion; more than you needed before. Some things that may help are hot baths, afternoon naps, a trip or a "cause" to work for. Any of these may give you a lift. Grief is an emotionally exhausting process. You need to replenish yourself. Follow what feels healing to you and what connects you to the people and things you love.

Security: Try to reduce or find help for financial or other stresses in your life. Allow yourself to be close to those whom you trust. Getting back into a routine will help. You may need to allow yourself to do things at your own pace.

Hope: You may find hope and comfort from those who have experienced a similar loss. It will help you to know some things that helped them. This will help you to realize that they have recovered and that time does help. This may give you hope that sometime in the future your grief will be less raw and painful. Joining a grief support group may be also helpful.

Caring: You need acceptance and caring throughout the grief period. Try to allow yourself to accept the expressions of caring from others even though they may be uneasy and awkward. If you lack support, make finding it your first goal. Helping a friend or close relative also suffering the same loss may bring a feeling of closeness with that person.

Goals: For awhile it will seem that much of life is without meaning. At times like these, small goals are helpful. Looking forward to something, like playing tennis with a friend next week, a movie tomorrow night, and a trip next month will help you get through the immediate future. Living one day at a time is a rule of thumb. At first, do not be surprised if your enjoyment of these things is not the same. This is normal. As time passes, you may need to work on some longer range goals to give some structure and direction to your life. Involve yourself in a meaningful activity. You may need guidance or counseling to help with this.

Small Pleasures: Do not underestimate the healing effects of small pleasures as you are ready. Sunsets, a walk in the woods, a favorite food; all are small steps toward regaining your pleasures in life itself. Do not be afraid to have fun; laughter is good medicine.

Permission to Backslide: Sometimes after a period of feeling good, we find ourselves back in the old feelings of extreme sadness, despair or anger. This is often the nature of grief; up and down, and it may occur over and over for a time. It happens because as humans, we cannot take in all of the pain and the meaning of death at once, so we let it in a little at a time.

Self-Acceptance: Accept and express your feelings. They will help you learn about yourself and the grief process you are experiencing. Grief can be exhausting so pace yourself accordingly. Drugs may not be helpful. Even medication used to help people get through periods of shock under a physician's guidance, may prolong and delay the necessary process of grieving. We cannot prevent or cure grief. The only way out is through.

Tatelbaum, Judy. The Courage to Grieve, (1980) New York, Lippincott and Crowell

HOW YOU CAN BE A FRIEND

Never assume you cannot make a difference
The 3 most important things we have to give each other are:

- *Our Time*
- *Our Individual Attention*
- *Our Unfailing Love*

The least important is our advice

FIND THE TIME

* After the funeral/memorial service, make time to stay in touch
* Call the grieving person - don't expect them to call you - grieving people often isolate themselves - your spontaneous companionship and concern will be welcomed
* Be available to them in supportive practical ways to show you care
* Your patient gift of listening is the most effective way to support and encourage your grieving friend - allow him/her to lead the way
* Let your genuine caring emotions show how you feel - inquire *gently* about how they feel

GIVE INDIVIDUAL ATTENTION

* Talk about the endearing qualities and share your good memories of the deceased
* Do not use the phrase "I understand" or try to explain why the death may have occurred
* Do not make judgments or give advice but allow them to freely express their feelings without judgment
* Do not be a matchmaker
* The griever may relate differently to old friends after the death - encourage him/her to re-enter this circle of friends and social life - involvement in life is the best elixer in life

SHARE UNFAILING LOVE

* Simple hugs and a handshake are healing but true love and encouragement is not just hugs and a handshake - true love and encouragement must be from the heart and be demonstrated in word and deed
* To deal successfully with our grief we need to share our burdens with someone we trust implicitly
* Confidence is the trust we place in our friends from our heart's need to confide when we are in pain - this gives the griever the power and strength to restore belief in him/herself
* Friends share in each others sorrows so reach out often to your grieving friend
* Love and friendship is the healing sunshine of our soul so bring the sunshine of your love and friendship into the darkness of their grief
* Prayer is a wonderful healer for a grieving person - God is a loving listener

Along with these 3 important focuses of relationships, 3 important things the grieving person needs are:

- **Talking**- about their grief and loss
- **Tears**- allow them to express their grief through their tears
- **Time**- remember it takes time. A person never gets over their grief, but they can get through it.

Fear and Panic Reaction Anecdote

The God Can / Worry Can

1. The "God Can" or "Worry Can" is a coffee can or any other type of container that you cover with paper and write across the middle: God Can

2. On a piece of paper, write the date, name the person, place or thing that you are committing to God for His help.

3. State the problem.

4. Try to identify your emotional response:
   Anger, resentment, jealousy, envy, self-pity, hurt, pride, etc.

5. Fold the paper, write your name on the outside and place it into the God Can. Say a prayer, giving your concern over to God.

6. You have turned the concern over to God for His help, and released it from your control. Cares and concerns can be dealt with when we allow God to be in charge, and His will is done, not ours. Rest in the peace of His promise: "Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved" (Psalm 55:22 - NKJV).

7. Repeat Steps 2-5 as often as needed, until your worry symptoms are resolved and/or the request has been answered. Remember that "all things work together for good to those who love God" (Romans 8:28 - NKJV). No matter what the "good" looks like.

8. If desired, after three months or so, review the submitted concerns to see if there has been resolution with your concerns. Remember prayer is answered by "yes," "no" or "wait."

A great prayer to pray for peace, calm and faith restoration is:

"In the multitude of my anxieties within me, Your comforts delight my soul" (Psalm 94:19 - NKJV)

"Lord, when doubts fill my mind, and my mind is in turmoil; quiet me and give me renewed hope and laughter" (Psalm 94:19 – Living Bible)

Developed by "Peggy" in 1989

✞ Healed to be a Healer

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God." (2 Corinthians 1:3-4)

Dear Child of Mine,

I am the God of all comfort. I will hold you in arms of compassion and sing to you My healing song of grace. I will touch the wounds within you, and in My perfect season, I will lift you from this place of pain.

But I want you to know that as I am healing you, I am also creating within you a healing ministry of your own. For to be healed by Me is to be made a healer. You see, the very comfort that I am working into your broken heart through the power of My Words and the love of My people is meant to be recycled.

Someday when your heart has grown strong again, I will send someone into your life who is as broken as you are today, and the compassion I am pouring into you now will flow from you to that hurting soul. You will know how to comfort them because you will have been where they are now. You will resonate with their pain.

You will reach into the depth of your own healing and love them back to life for Me. What a precious vessel you will be to Me then - a vessel once humbled, and hurt and then healed to be a healer. This is My plan for you.

Love,
Jehovah Rapha
(God is my Healer)

Healed To Be A Healer written by Claire Cloninger - "Letters from Heaven – Comfort For Those Who Are Hurting" 2003, Cook Communications Ministries, Colorado Springs, CO.

Scriptures of Comfort

"Thy rod and Thy staff, they comfort me" (Psalm 23:4)

"Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord forever" (Psalm 23:6)

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?" (Psalm 27:1)

"I sought the Lord and He heard me, and delivered me from all my fears" (Psalm 34:4)

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!" (Psalm 46:10)

"In the multitude of my anxieties within me, Your comforts delight my soul" (Psalm 94:19)

"Oh come, let us worship and bow down; Let us kneel before the Lord our Maker. For He is our God, and we are the people of His pasture, and the sheep of His hand" (Psalm 95:6-7)

"The Lord opens the eyes of the blind; the Lord raises those who are bowed down; the Lord loves the righteous. The Lord watches over the strangers; He relieves the fatherless and widow; but the way of the wicked He turns upside down (Psalm 146:8-9)

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Proverbs 3:5-6)

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the Lord forever, for in Yahweh, the Lord, is everlasting strength" (Isaiah 26:3-4)

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isaiah 40:31)

Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand" (Isaiah 41:10)

"Fear not, for I have redeemed you; I have called you by name, you are Mine. When you pass through the waters I will be with you... they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior..." (Isaiah 43:1-3)

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart" (Jeremiah 29:11-13)

"Call to Me, and I will answer you, and show you great and mighty things, which you do not know" (Jeremiah 33:3)

"Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness. 'The Lord is my portion,' says my soul, therefore I hope in Him!" (Lamentations 3:22-24)

"I will restore to you the years that the swarming locust has eaten..." (Joel 2:25)

"Therefore I will look to the Lord; I will wait for the God of my salvation; my God will hear me" (Micah 7:7)

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you" (Matthew 7:7)

"Come unto me, all you who labor and are heavy laden, and I will give you rest" (Matthew 11:28)

"Let not your hearts be troubled. You believe in God, believe also in Me" (John 14:1).

"Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid" (John 14:27)

"We know that for those who love God, all things work together for good, for those who are called according to His purpose" (Romans 8:28)

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God" (Romans 12:2)

"Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day" (2 Corinthians 4:16)

"But God, who comforts the downcast, comforted us by the coming of Titus" (2 Corinthians 7:6)

"Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us" (Ephesians 3:20)

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ" (Philippians 1:6)

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Philippians 4:6-7)

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you" (Philippians 4:8-9)

"Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me" (Philippians 4:11-13)

"And my God shall supply all your need according to His riches in glory by Christ Jesus" (Philippians 4:19)

"Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed, you may also be glad with exceeding joy" (I Peter 4:12-13)

"Ye are of God, little children, and have overcome them: because greater is He that is in you, than he that is in the world" (1 John 4:4)

"There is no fear in love; but perfect love casts out fear..." (1 John 4:18)

"It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear" (Isaiah 65:24)