

GRIEF AND LOSS

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WHAT IS GRIEF?

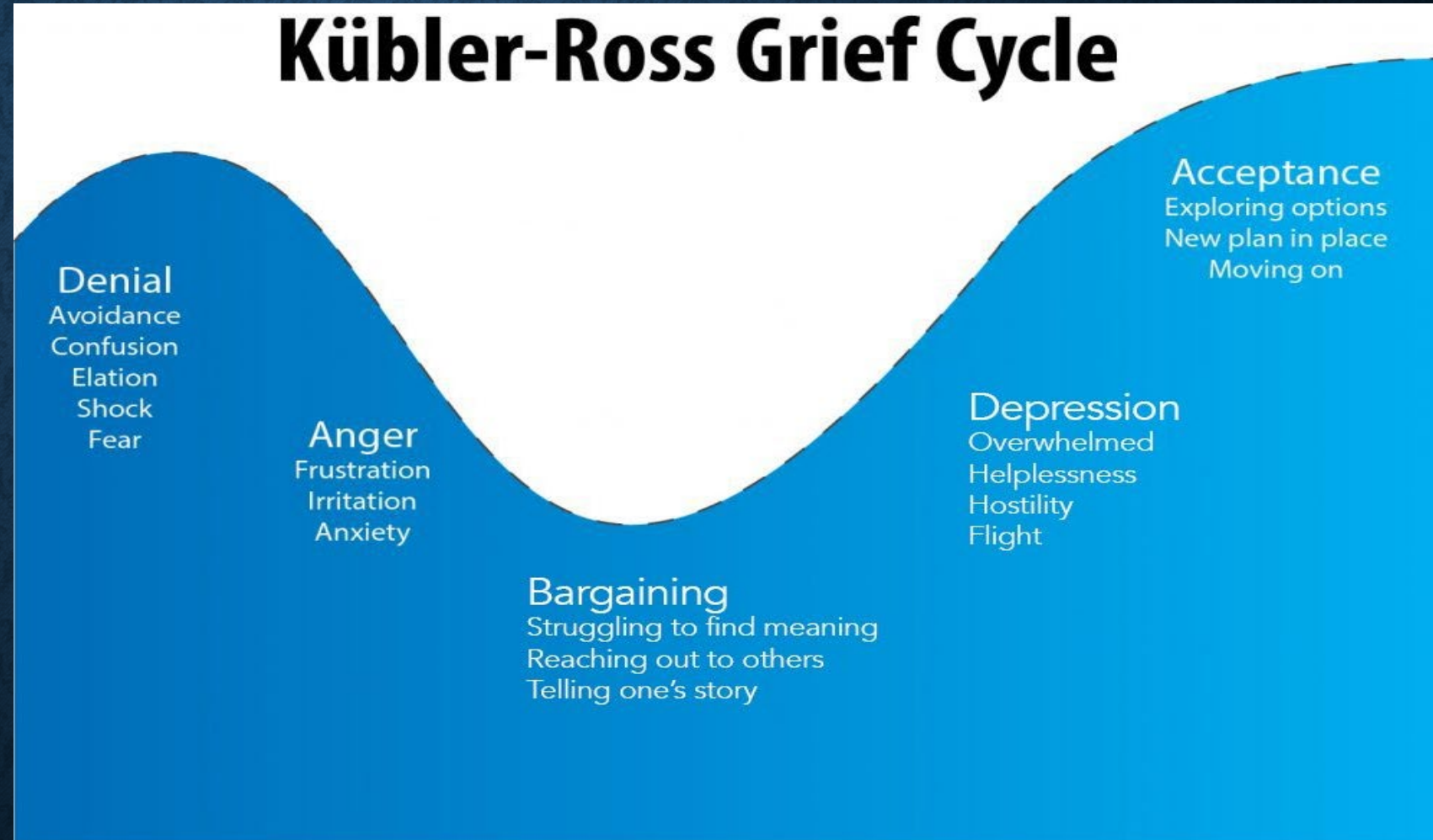
- There is no wrong way to grieve. Positive coping skills can be buffers, and ease the grieving process.
- Grief is emotional suffering felt when significant loss is experienced.
- Can feel overwhelming, and may have other unexpected emotions.
- Grief can disrupt physical health as well

GRIEVING PROCESS

- Grieving is an individualistic experience, and people grieve differently
- The process takes time. Can be dependent on coping styles, life experiences, severity of loss, personality, and support systems.
- There is no “normal” for grieving. Patience with self is key to the process.

5 STAGES OF GRIEF

- Stages are based in research.
- Studies were of patients faced with terminal illness
- Stages have been generalized to life changes and losses such as death of a loved one or break-ups



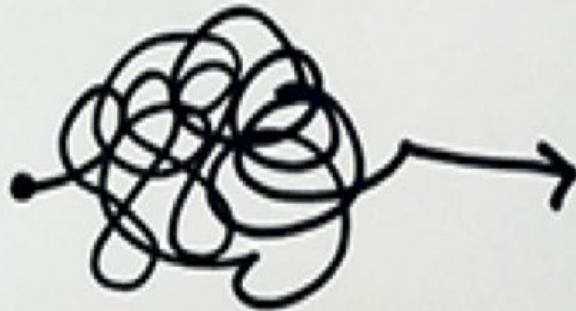
5 STAGES OF GRIEF

- Denial
 - “This can’t be happening to me”
- Anger
 - “Why is this happening? Who is to blame?”
- Bargaining
 - “Make this not happen, and in return I will _____”
- Depression
 - “I’m too sad to do anything”
- Acceptance
 - “I am at peace with what happened”

COPING WITH GRIEF AND LOSS

HOW WE
WANT
GRIEF TO
WORK

HOW GRIEF
ACTUALLY
WORKS



- You do not have to go through each stage in order to heal, and stages may not be experienced in “order”
- Can be a roller coaster experience

HOW TO DEAL WITH THE GRIEVING PROCESS

1. Acknowledge your pain
2. Accept that grief can trigger many different emotions
3. Understand that your grieving process will be unique to you
4. Seek out support from people who care about you
5. Support yourself emotionally and physically
6. Recognize the difference between grief and depression

SYMPTOMS OF GRIEF

Emotional

- Shock and disbelief
- Sadness
- Guilt
- Anger
- Fear

Physical

- Fatigue
- Nausea
- Lowered immunity
- Weight loss or gain
- Aches and pains
- Insomnia

SUPPORT

- Seek out supportive family and friends
- Support groups
- Talk to therapist or grief counselor

COPING

- Face feelings and express feelings
- Maintain hobbies and interests
- Plan ahead for grief triggers
- Look after physical health
- Journaling
- Exercise
- Mindfulness techniques
- Seeking out mental health support
- Accepting and acknowledging feelings as you experience them

RESOURCES/SUPPORT

- <https://stanislauscounty211.org/mental-health/grief-loss/grief-loss-counseling/>
 - Stanislaus 2-1-1 can locate bereavement groups in the area, and how to get in contact with them. Groups currently offered are through Community Hospice, and Big Valley
- <https://www.psychologytoday.com/us/therapists/grief/ca/modesto>
 - Psychology Today allows you to search for individual therapists who provide grief counseling
- Stanislaus County Website also offers additional resources to find groups in the area
 - County site:
<https://stanislaus.networkofcare.org/veterans/services/subcategory.aspx?tax=PN-8100.1000>
 - Grief Share Site: <https://www.griefshare.org/findagroup>