

Grief Bites



Thank you to Red Deer PCN and the
Alberta Journeying Through Grief Program

Welcome



- Introductions
- Housekeeping

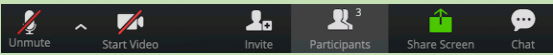
Group Norms

- Hope to create a safe supportive environment for you to share
- Privacy
- Class duration approx. 2 hours
- Feel free to stand up or move around if needed
- If you need to leave during the class please let us know
- Any others?



Zoom Basics (Virtual)

- You may have your video on or off.
- Please mute when you are not speaking.
- Please feel free to ask questions either by unmuting or using the chat box.
- Any questions?



Virtual Group Norms

- Create a safe environment for everyone.
- By participating in remote learning today, you agree that you may not save, record, share, or post this session or any photos from this session.
- Participants agree to participate in these virtual sessions in a quiet, private area free of distraction.
- Participants agree not to disclose personal information about any other participant in the virtual session

What is Highland Primary Care?

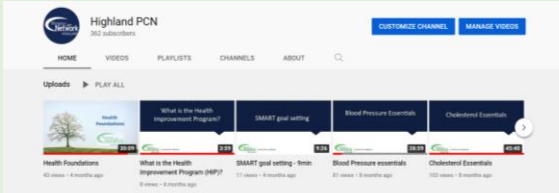
- A group of family doctors who work together with the Highland Health Team (Nurses, Social Workers, a Dietitian, Kinesiologist and Pharmacist)
- If you doctor between Airdrie and Didsbury your doctor is a part of the PCN. Each doctor's office or medical home has a nurse and social worker attached.



What is the Health Improvement Program?

- Guides individuals who are ready to take their health in their own hands and improve their quality of life.
- A variety of group classes you can choose what you would like to take when
- Flexible schedules
- Option of 1:1 visits in the medical home (phone/virtual)

Check us out on YouTube



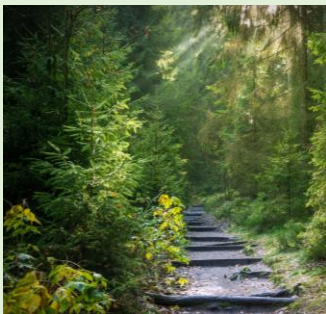
Grief as a Mountain Climb



What's the Difference?

- **Loss:** is the process of losing something or someone that we are attached or connected to
- **Grief:** is the internal thoughts/ feelings that accompany a loss
- **Mourning:** is the expression of grief outwardly

Grief Process



Grief is work, a back and forth process. It is about getting lost in the woods, re-walking the same path many times before a new trail opens. We all move through our grief in our own way at our own pace.

Healing Needs: Six Needs of Mourning

1. Acknowledge the reality of death
2. Embracing the pain of loss
3. Remembering the person who died
4. Developing a new self-identity
5. Search for Meaning
6. Receive ongoing support



Phases of Grief: Facing Reality

- Sense of shock, disbelief numbness
- Hope that there is a mistake – this isn't true
- Hope that life will go on as before
- Panic/anxiety about your future

Phases of Grief: Experiencing Pain of the Loss

- Emotional and physical distress
- Sleep problems, physical aches, intense emotions (e.g. anger, guilt, sadness)
- Pain and distress similar to a rollercoaster
- Search for meaning and identity "new normal"
- Task is to feel the pain



Phases of Grief: Reinvesting in Life

- Emotional and physical reactions may reduce in intensity and frequency
- Connect to the loss in a new way
- Energy previously used for grief is now available to be invested in hope for the future

Understanding Your
Grief Journey



Understanding Your
Grief Journey

Grief vs Depression



Understanding My Grief Journey

Grief vs. Depression: A. Wolfelt

NORMAL GRIEF	CLINICAL DEPRESSION
You have normal grief if you...	You may be clinically depressed if you...
Respond to comfort and support	Do not accept support
Are often openly angry	Are irritable and complain but do not directly express anger
Relate your depressed feelings to the loss experience	Do not relate your feelings of depression to a particular life event
Can still experience moments of enjoyment in life	Exhibit an all-pervading sense of doom
Exhibit feelings of sadness and emptiness	Project a sense of hopelessness and chronic emptiness
May have transient physical complaints	Have chronic physical complaints
Express guilt over some specific aspect of the loss	Have generalized feelings of guilt
Feel a temporary loss of self-esteem	Feel a deep and ongoing loss of self-esteem

Understanding Your Grief Journey

By Activating:

- Memory
- Ceremony/Rituals



Six Needs of Mourning
(Alan Wolfelt)

Remember Your Loss



Ceremony & Rituals



Ceremonies and rituals are specific behaviours or activities that give symbolic expression to certain feelings and thoughts.

What ritual would you like to create to honour your relationship with your memories?

Design Your Ritual

- Rituals may be **formal** or **informal**
- Can be by yourself or in a group
- Can occur **all the time**, **infrequently**, or **only once** (eg: birthdays, anniversaries, funerals, linking object)
- Don't have to be expensive
- Don't need to take a lot of time
- If a ritual is triggering it may not be the right one for you
- Are there any rituals you have done or are doing?
- How can you use ceremony or ritual to strengthening the relationship with your memories?

Self Care: What are the things you are currently doing to take care of you?



Self Care: Why is it important?

- Acknowledge your emotions
- Express grief in a way that feels right for you
- Seek out support and stay connected
- Exercise/mobility
- Soothe (relaxation, meditation, connect to nature etc)
- Meet basic needs (eat in a way that makes you feel good, shower, sleep etc)
- Rituals



Self Care

Consider your resilience:

- When times were tough in the past what were the things that helped?
- Who was there for me? Can I bring those forward ?



Mourners Bill of Rights

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience "grief bursts".

Mourners Bill of Rights

- 6. You have the right to make use of ritual.
- 7. You have the right to embrace your spirituality
- 8. You have the right to search for meaning.
- 9. You have the right to treasure your memories
- 10. You have the right to move toward your grief and heal.

Active Healing
5 Minutes Off



What else is available to you?



- Alberta Journey Through Grief Program – virtual upcoming dates
- Airdrie hospice

Thank You



- Like/follow our Facebook page
- Visit www.hpcn.ca
- Discussion
- Comments or Questions
- Evaluation
