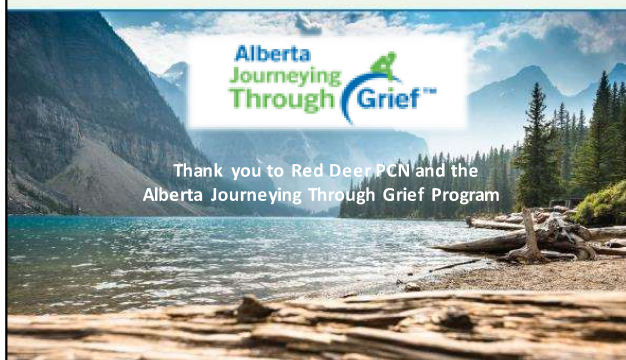


## Grief Bites



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## Welcome



- Introductions
- Housekeeping

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## Group Norms

- Hope to create a safe supportive environment for you to share
- Privacy
- Class duration approx. 1.5-2 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?



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## What is Highland Primary Care?

- A group of family doctors who work together with the Highland Health Team (Nurses, Social Workers, a Dietitian, Kinesiologist Pharmacist & Mental Health Therapist)
- **Covers area from Airdrie and Didsbury. Each doctor's office or medical home has a nurse and social worker attached.**




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## 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)

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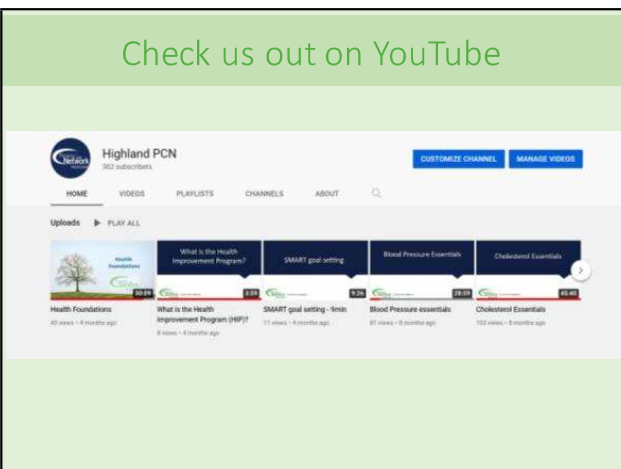
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## Check us out on YouTube




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### Grief as a Mountain Climb



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### 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

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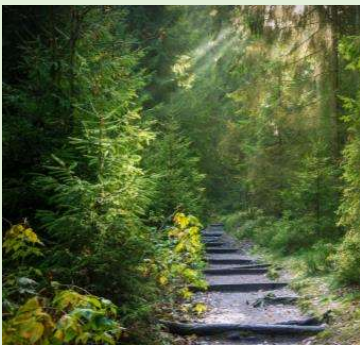
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### Grief Process



**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.

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### Healing Needs: Six Needs of Mourning (Alan Wolfelt)

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



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### 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

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### 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



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## Understanding Your Grief Journey

### Grief and Complicated Grief



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## Grief vs Depression

### Understanding My Grief Journey

Grief vs. Depression: A. Wolfelt

NORMAL GRIEF	CLINICAL DEPRESSION
<b>You have normal grief if you...</b>	<b>You may be clinically depressed if you...</b>
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

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## Phases of Grief: Remember Your Loss

By Activating:

- Memory
- Ceremony/Rituals



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### 3. Remembering the person who died

By Activating:

- Memory
- Ceremony/Rituals




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### Ceremony & Rituals



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

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

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### 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
- Are there any rituals you have done or are doing?
- How can you use ceremony or ritual to strengthening the relationship with your memories?

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### Phases of Grief: Developing a new identity

- 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

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



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### 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

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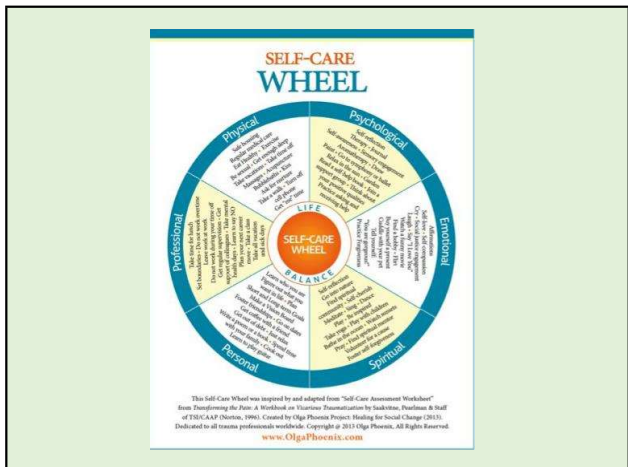
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## Self Care

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 ?




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## 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".

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## 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.

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## Active Healing 5 Minutes Off



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## Phases of Grief: Ongoing Support



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

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## Ongoing Support



- Resources
  - [www.mygrief.ca](http://www.mygrief.ca)
  - [www.centerforloss.com](http://www.centerforloss.com)
  - [www.virtualhospice.ca](http://www.virtualhospice.ca)
  - [www.griefshare.org](http://www.griefshare.org)
- David Kessler has a website ([www.grief.com](http://www.grief.com)) and he offers a virtual group on Facebook every day.

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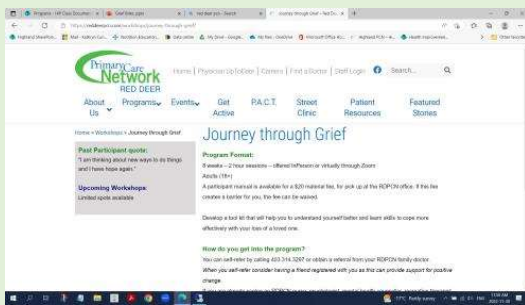
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## Ongoing Support




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## Community Links – 8 weeks

**Adult Grief & Loss Support Group**

**DESCRIPTION**

Are you in need of support for a loss in your life? Joining this 8-week group could be beneficial to help you work through your grief process and learn how to deal with those who have died. This group will offer activities, coping tools and strategies, as well as support and encouragement to help you cope.

**Age range:** Adults

**Day/Time:** Tuesdays, November 2 - December 7, 2023 - 10:00am - 11:00am

**Fee:** \$00 (Free)

**Registration deadline:** Thursday October 26, 2023

**Cost:** No cost (donations gratefully accepted)

**REGISTRATION**

Visit [www.communitylinks.ca](http://www.communitylinks.ca) for more information.

**LOCATION**

Community Links  
211 - 122 Avenue Dr. NW, Grande Prairie

**AGID:** 654

**SERIES/TIMES**

Tuesdays, November 2 - December 7, 2023  
10:00am - 11:00am

**FEES:** No cost

**CANCELLATION/RESCHEDULING**

Community Links  
403-746-2362

[Adult Grief & Loss Support Group | Community Links \(mycommunitylinks.ca\)](http://www.communitylinks.ca)

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### Important Phone Numbers

#### If you need to talk, 24-hour help line:

- Mental Health Help Line at 1.877.303.2642
- Addiction Help Line at 1.866.332.2322
- Kids Help Phone at 1.800.668.6868

#### In the Calgary Health Zone you can also call:

- The Distress Center at 403.266.4357

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### Airdrie Urgent Care

- Urgent mental health care is available at Airdrie Urgent Care Monday to Friday from 9 a.m. to 9 p.m., and Saturday and Sunday from 10 a.m. to 5 p.m.
  - Individual counselling
  - Zoom, telephone or in-person
  - Emotional, psychological, mental health and/or addiction concerns.
  - Entire Lifespan
  - Referral
- For information and resources specific to addiction and mental health, please contact Access Mental Health at 403.943.1500.

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### Thank You



- Like and follow our Facebook page
- Check out [www.hpcn.ca](http://www.hpcn.ca)
- Comments or Questions
- Your opinion matters to us. We would love to get your feedback to help us improve our offerings.




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