

What are some of the most common causes of grief?

What does grief look like? Are you sure you would you recognize it?

Stages of Grieving

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

*Surrounded by loved ones

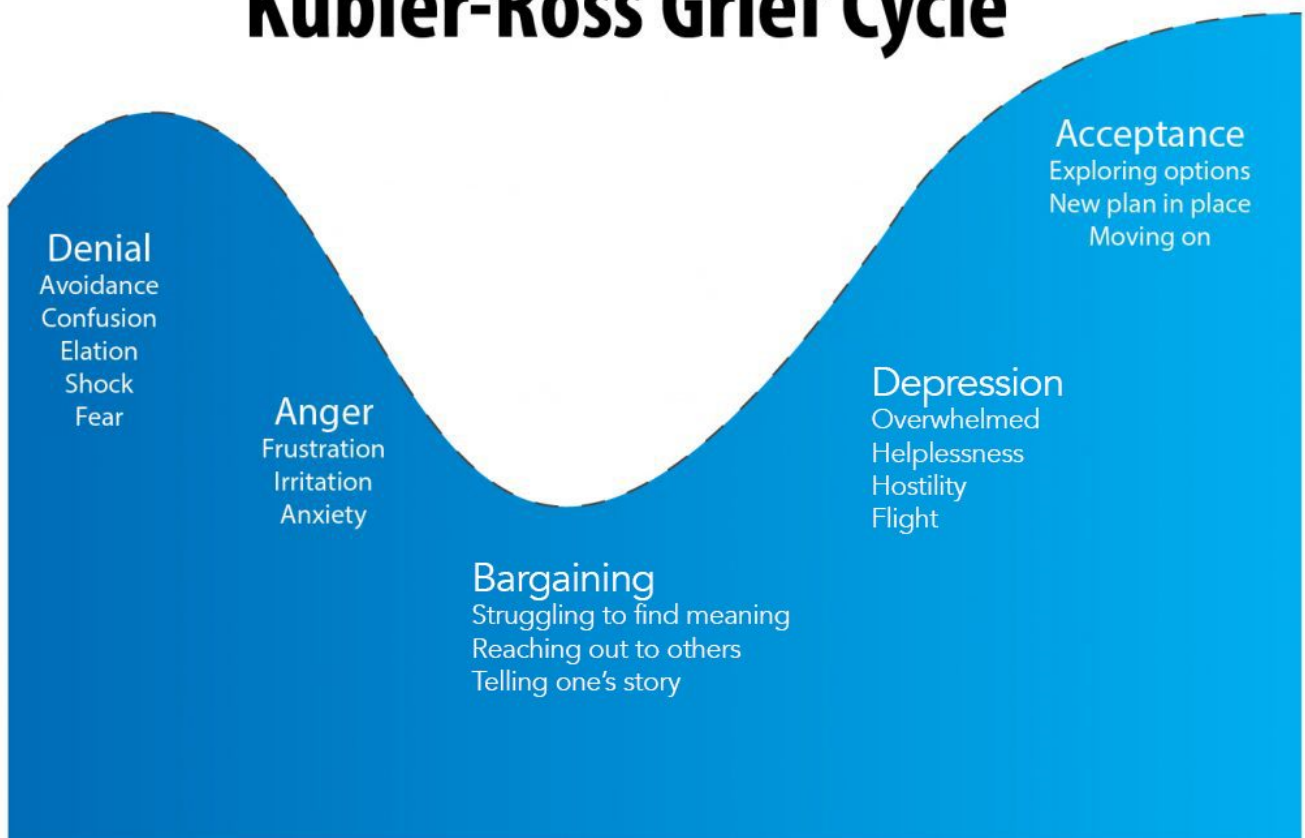
*Tell & be told the truth

*Affairs in order

- Legal
- Financial
- Relational
- Etc.

*Have lived a life of meaning and purpose

Kübler-Ross Grief Cycle



Information and
Communication

Emotional
Support

Guidance and
Direction

"Normal" Functioning

Shock and Denial

- Avoidance
- Confusion
- Fear
- Numbness
- Blame



Anger

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

Depression and Detachment

- Overwhelmed
- Blahs
- Lack of Energy
- Helplessness

Return to Meaningful Life

- Empowerment
- Security
- Self-Esteem
- Meaning

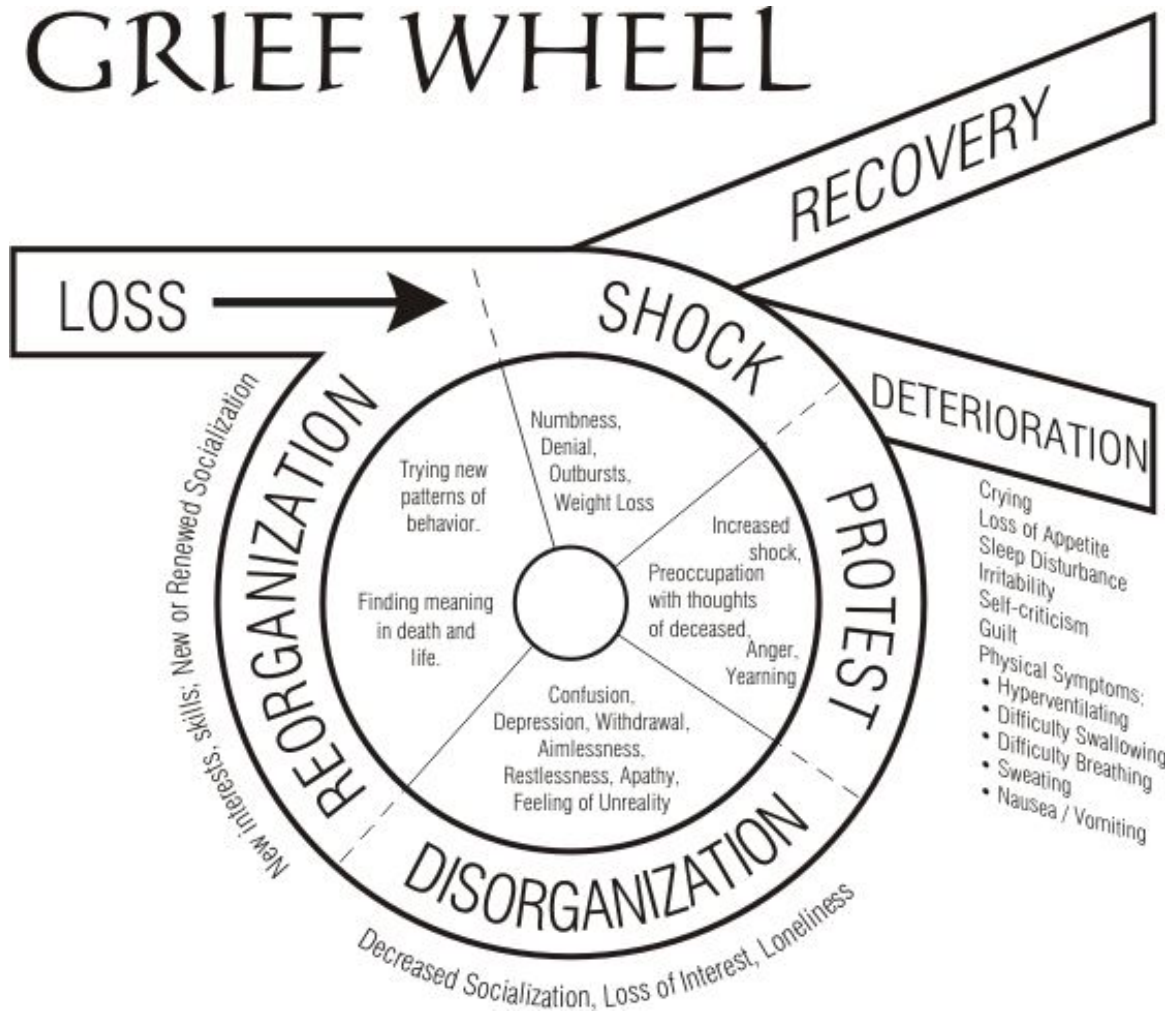
Acceptance

- Exploring options
- A new plan in place

Dialogue and Bargaining

- Reaching out to others
- Desire to tell one's story
- Struggle to find meaning for what has happened

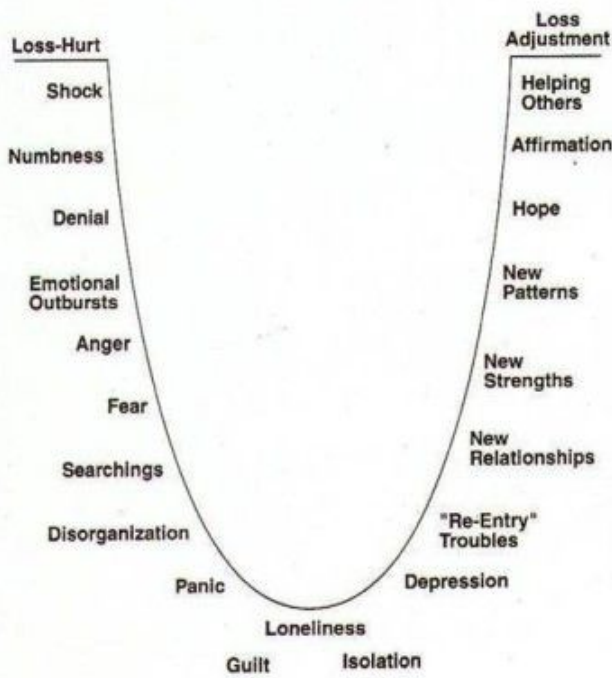
GRIEF WHEEL



Ways to Help Someone Who is Grieving

1. Allow them to **express** their grief.
2. Don't take **anger** or hostility personally.
3. Be a sympathetic **listener**.
4. Don't be **afraid** to express your own feelings.
5. **Offer** help – Show up! (cleaning, meals, laundry, shopping, hand holding etc.)
6. Attend the **funeral service** if possible.
7. Offer encouragement and/or support (cards, fond memories, etc.), and **invitations** (to study, go to the movies, hang out & talk, etc.) even if they decline.
8. Honor what they **share** with you. Keep it confidential. *
9. Give them **time**. It's not a quick or easy process.
10. **Remember** to check on them as time passes – during holidays, anniversaries, etc.
11. Say: “I’m so sorry for your loss,” “Tell me about them/it,” “I imagine . . .,” “You must really miss them,” “It’s OK not to be strong/It’s OK not to be OK right now,” “My thoughts/prayers are with you,” etc.

STAGES OF GRIEF



My experience



the tasks of grief

T = To accept the reality of
the loss

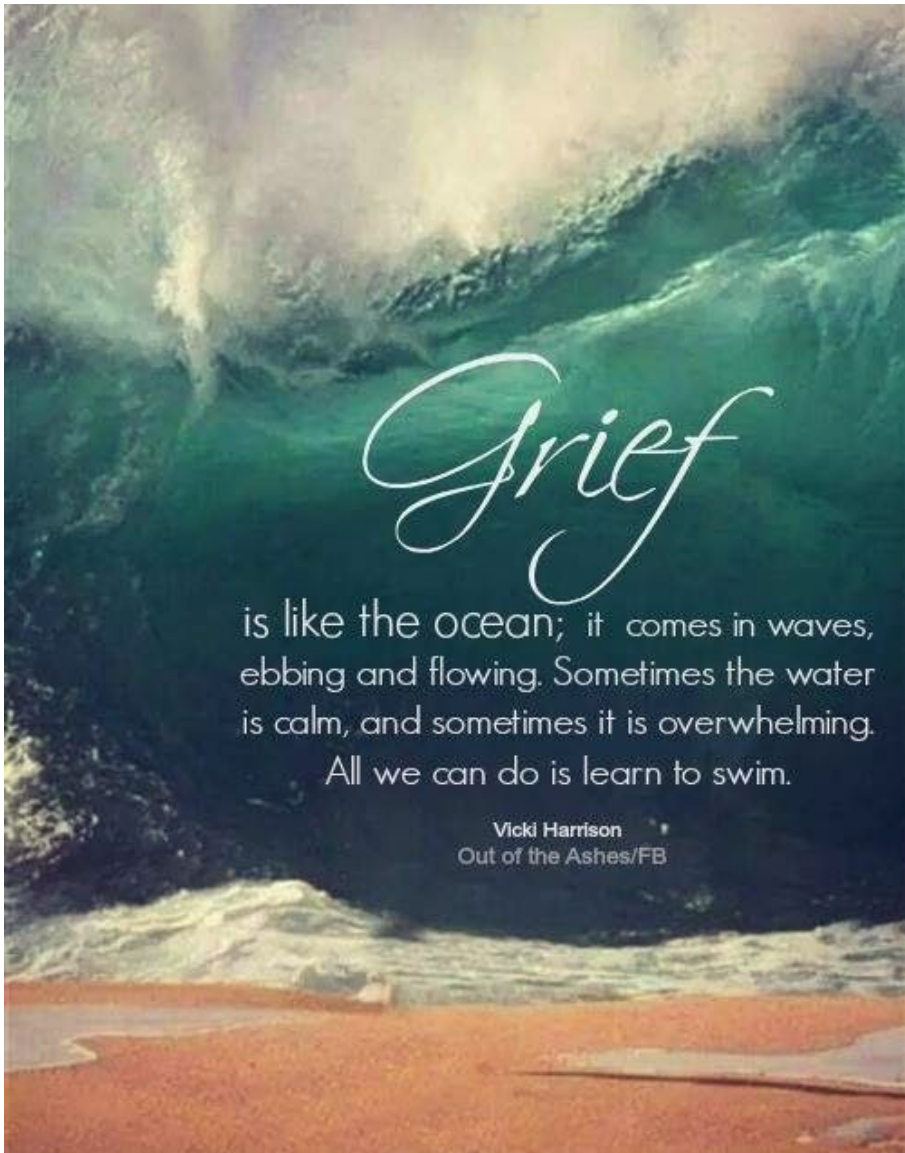
E = Experience the pain of the loss

A = Adjust to the new environment
without the lost person

R = Reinvest in the new
reality

What NOT to say/do

1. “At least . . . ”
2. “I know/understand how you feel”
3. “How can I help?” “If there’s anything I can do, just call”
4. “It must be God’s will” “It was there time to go”
“There’s a reason for everything”
5. “Cheer up, _____ wouldn’t want you to be sad”
6. “You need to be strong for _____” “You’re so strong”
7. “How are you?”
8. “How did he/she die?”
9. “Give it time” “It will get better in time”
10. Saying nothing.



Grief

is like the ocean; it comes in waves,
ebbing and flowing. Sometimes the water
is calm, and sometimes it is overwhelming.
All we can do is learn to swim.

Vicki Harrison
Out of the Ashes/FB

Hopice – provides **palliative** care, offers comfort & support

- usually offered in a patient's **home**
- started when a patient is within **6 months** of dying
- the philosophy is to allow death with **dignity**
- **pain** control is key
- services include:
 - hospital equipment – wheel chairs, hospital beds, bedside commodes, etc.
 - counseling – psychological, spiritual, social & financial help for the family
 - free or inexpensive **pain medicine**

Advanced Directives – **legal** documents that allow individuals to state what medical **treatment** they want or do NOT want in case they become **incapacitated** and are unable to express their wishes.

Living Wills – allow individuals to identify what measures should or should not be taken to prolong life.

- used when the condition is **terminal**
- must be signed while the patient is **competent**
- must be witnessed by 2 adults who cannot benefit from the death
- frequently result in a **DNR** order

Durable Power of Attorney (POA) – permits an individual (the **principle**) to appoint another person (the **agent**) to make **decisions** regarding health care for them if they are unable to.

- providing/withholding medical/surgical procedures
- hiring/dismissing health care **providers**
- spending/withholding **funds** for health care
- having access to **medical records**
- usually given to a spouse or adult **children**
- must be signed by the principle, agent and **1-2** witnesses

MY ^{Dying} ~~LIVING~~ WILL

In the event I am in a Persistent Vegetative State, I do not wish to be kept alive by extraordinary means. The decision to pull the plug/feeding tube shall NOT be made by anyone:

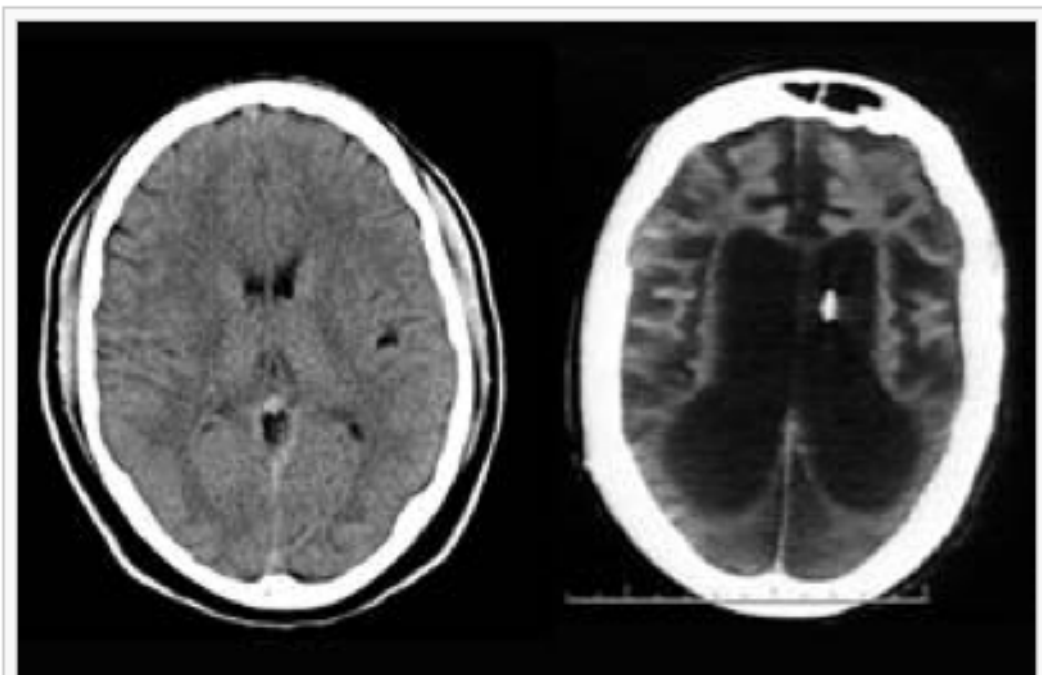
- (1) in a Persistent Political State;
- (2) appearing on a cable TV news show;
- (3) with "LIFE" tape over their mouth;
- (4) objecting to government involvement after years of government court rulings;
- (5) basing a diagnosis on videotape;
- (6) citing a public opinion poll



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See the Terri Schiavo Timeline



Left: [CT scan](#) of normal brain; Right: Schiavo's 2002 CT scan provided by [Ronald Cranford](#), showing loss of brain tissue. The black area is liquid, indicating [hydrocephalus ex vacuo](#). The small white piece in the right image is the [Thalamic stimulator](#) implanted in her brain.

"Grief is **NOT** a disorder,
a disease or sign of weakness.

It is an emotional, physical and spiritual
necessity, the price you pay
for love. 

The only cure for grief is to
grieve" -- Earl Grollman

 unspokengrief.com