



Re-Grief

- Re-grief is the process of adjusting to the loss from a new perspective
- These are developmental points or life markers where we will grieve the loss of the person again
- The grief is usually not as long or as intense as the original grief

“The only cure for grief is to grieve.”

Earl Grollman



Grief Self Care

- Seek and accept help and support
- Accept (you don't have to like it) the grief – allow yourself to grieve
- Learn about grief and how it can affect you – normalize your thoughts and feelings
- Pace yourself – allow yourself time to heal
- Allow yourself to have fun or to laugh
- Journal, draw, paint, mediate
- Practice mindfulness and being in the moment
- Reward yourself
- Find hope – the belief that the future will be better than this moment

For more information and a full list of our support groups, webinars, education sessions and handbooks please visit our website at www.caringheartssk.ca



Grief: What to Expect



WWW.CARINGHEARTSSK.CA



What is Grief?

- Grief is the process of adjusting to a loss, it is not an emotion or feeling, but a process that is a combination of many emotions and feelings .
- Grief is a natural and normal reaction to a loss that we learn and manage to adjust to.
- There is no right or wrong way to grieve and no set timetable of stages of grief.



How Does Grief Effect You?

- **Physically:** Crying, headache, stomach-ache, decrease or increase in appetite, trouble sleeping
- **Mentally:** Cognitively — Problems concentrating or focusing, being confused, trouble remembering, disbelief or denial of the death, indecisiveness
- **Emotionally:** Shock or numbness, anger, guilt, fear, regret, sadness, loneliness, insecurity, relief, shame
- **Socially:** Feeling left out or unsupported, feeling isolated, wanting to withdraw from or cling to friends/family
- **Spiritually:** Loss or questioning of faith or strengthening of faith, searching for the meaning of life, increased sense of connection with the one who died

Attachment Theory

A British Psychologist, Johns Bowlby, believed attachment was a survival mechanism and that people suffer grief when the attachment is broken. When an attachment is broken we:

- Feel numbness and disbelief
- Search and pine with restlessness and resentment
- Depressed when it is acknowledged that searching is useless
- Recovery when a sense of self is revised to be less dependent on the missing and may result in a new attachment figure

