



# **Grief, Loss and Recovery**

# Grief is a Reaction to Loss.

## Scenarios:

- Change in environment
- Loss of Material security
- Loss of Loved ones through moving or change
- Loss of good health
- Change and Loss associated with Dementia
- Death and Bereavement



# Losses

*What are some of the losses that a person may face in their lifetime?*

*What losses may their family and friends face?*



# Grief and Loss

When the beautiful bush  
environment is changed  
by fire or pollution



# Grief and Loss

When a person is displaced from home



# Grief and Loss

When a person is admitted into care, the person, their family and friends experience loss.



# Grief and Loss

When personal possessions are lost



# LOSS!



*“Why do losses have such an impact on peoples’ lives?”*

# Grief

- Is a normal and natural response to loss of any kind
- Although normal it can be a neglected and misunderstood experience
- Grief is the conflict between feelings caused by the end of, or change of, a familiar pattern of behaviour

# Grief

- Grief is like a fingerprint – unique to each person and their loss
- There is no right or wrong way to grieve
- “Grief is the price we pay for love”

**LOSS**  
**Normal**  
**Natural**  
**Inevitable**  
**Varied**

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**QUESTIONS & FEEDBACK**

# **GRIEF is a response to LOSS**

Reactions of grieving can be  
divided into:

**Physical sensations**

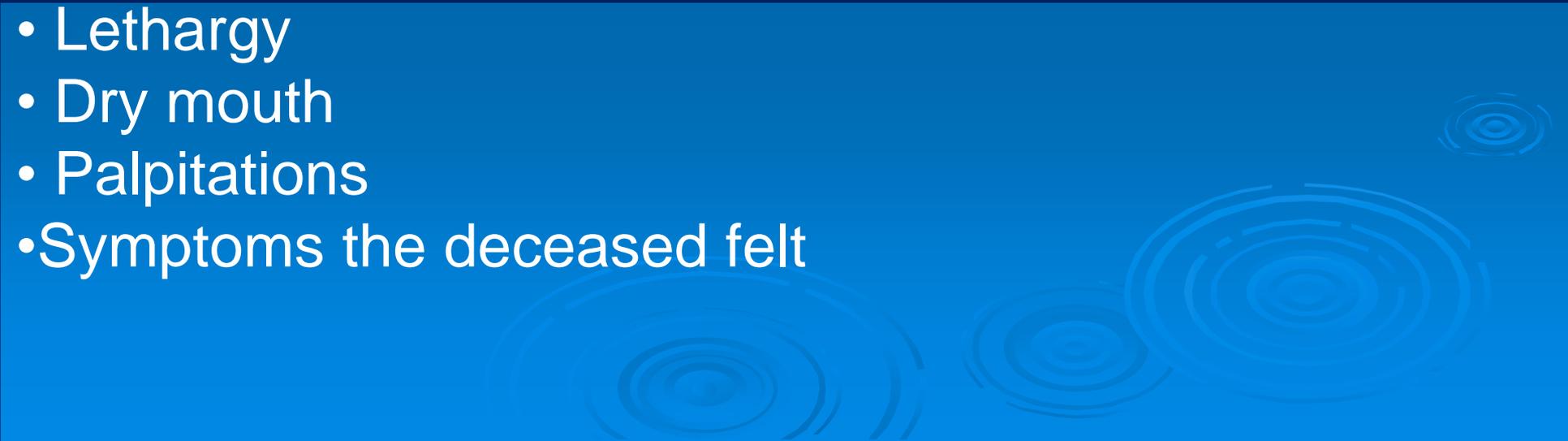
**Emotional responses**

**Cognition- thinking**

**Behaviour**

**Spiritual**

# Physical sensations

- Butterflies in the stomach
  - Tightness in the throat/chest
  - Oversensitivity to smell/noise and light
  - Sense of depersonalisation –of observing oneself
  - Feeling unreal
  - Breathlessness
  - Muscle weakness
  - Lethargy
  - Dry mouth
  - Palpitations
  - Symptoms the deceased felt
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- The bottom half of the slide features a dark blue background with several faint, concentric circular patterns that resemble ripples in water, centered around the bottom right and bottom middle.

# Feelings

- Sadness
- Anger
- Guilt and self reproach
- Anxiety
- Loneliness
- Fatigue
- Helplessness
- Shock and numbness
- Yearning and pining
- Relief (for some people)



# Behaviour

- Sleep disturbances
- Appetite changes
- Absent minded behaviour
- Social withdrawal
- Disturbing dreams
- Disturbing absence of realism
- Avoiding reminders of the loss/person(s)
- Searching and calling out
- Lashing out



# Loss brings...

- Role changes
- Anxiety
- Financial implications
- Feelings of isolation and abandonment
- Different ways of doing it
- Guilt
- Intense feelings



# Factors affecting how we experience grief

- Age
  - Gender
  - Culture
  - Spiritual/religious beliefs
  - Personality
  - Centrality of relationship
  - Past experiences of loss
  - Support
  - Degree of change as a result of loss
- Many and varied

# Factors affecting how we experience grief

- Unresolved grief
  - War veterans
  - Pets
  - Abortion
  - Adoption
  - Illicit lover
  - Relationship
- Ambivalence
- Compounded Grief
- Type of death
  - Sudden or long illness
  - Stigmatised

May be  
residual  
and  
ongoing

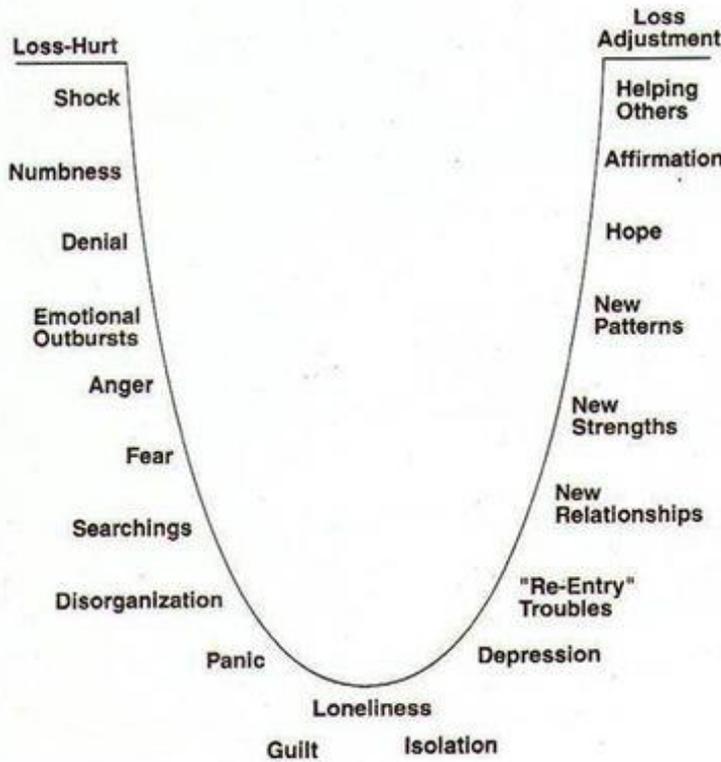
# Grief is different for everyone

“The experience of grieving cannot be ordered or categorised, hurried or controlled, pushed aside or ignored indefinitely. It is as inevitable as breathing, as change, as love. It may be postponed, but it will not be denied.”

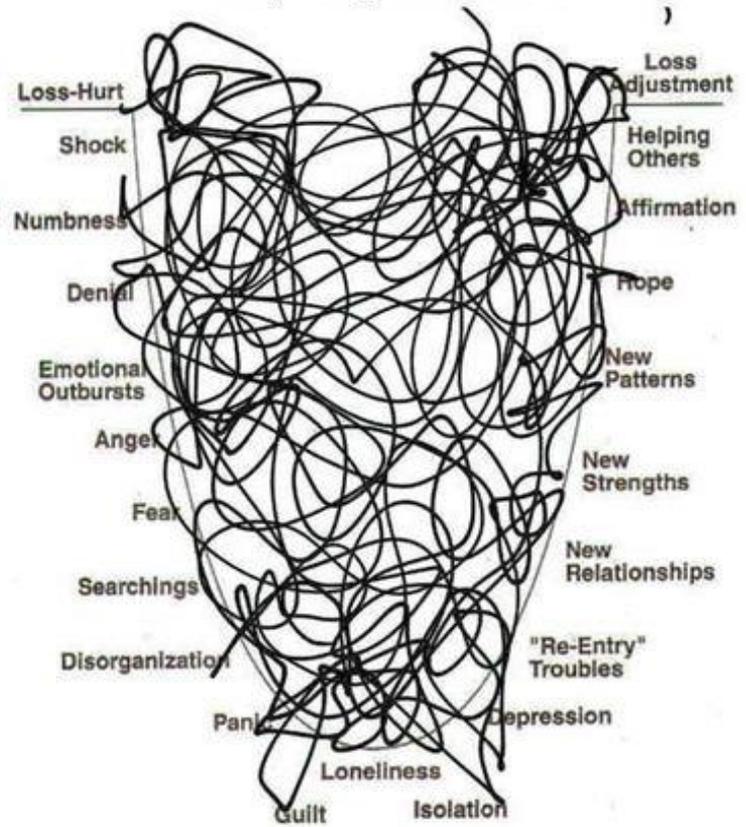
*Molly Fumia (author)*



# STAGES OF GRIEF



# My experience



# THE GRIEF JOURNEY

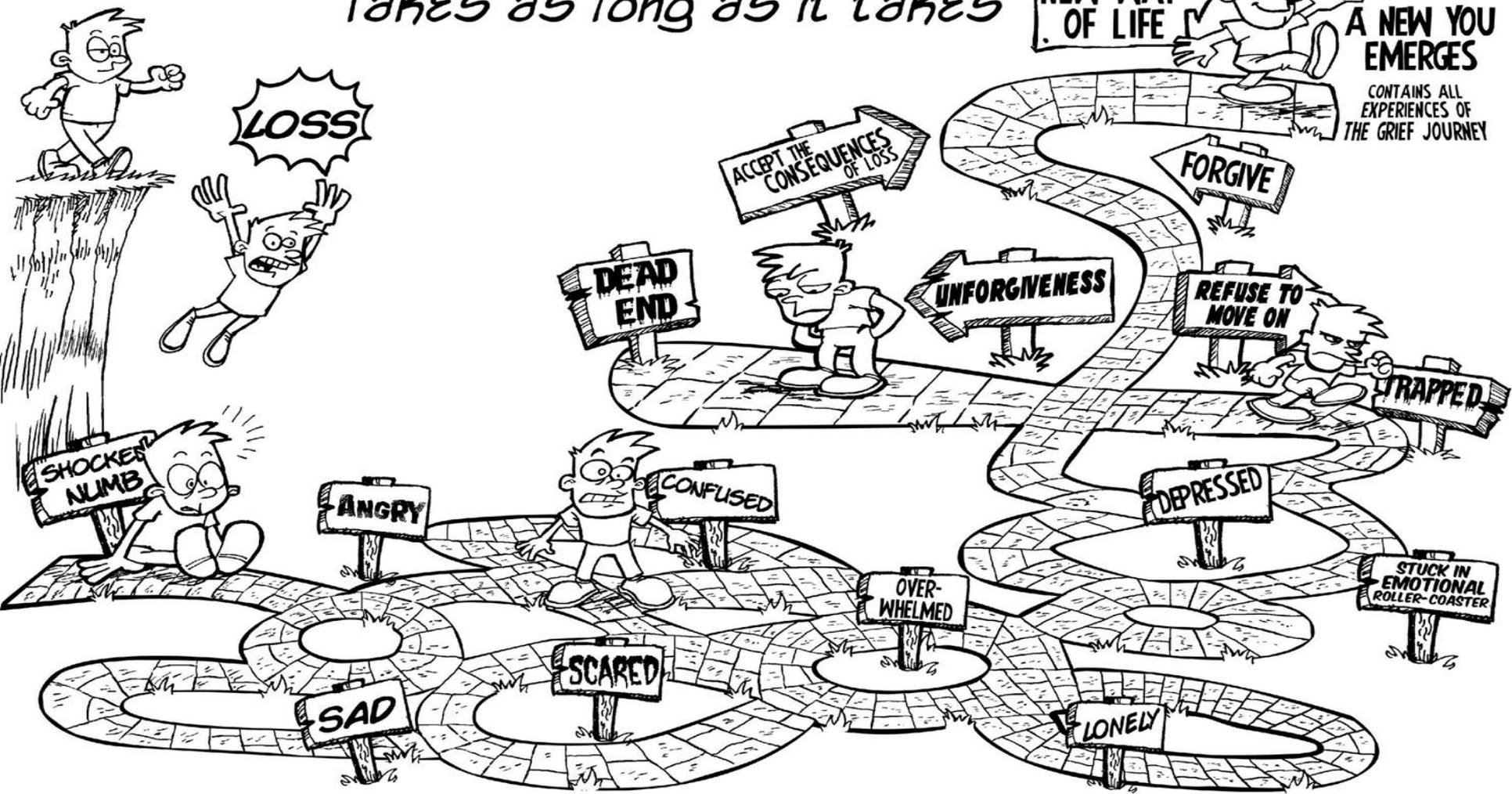
*Takes as long as it takes*

**YOU SURVIVED!  
YOU MADE IT!**

**NEW WAY  
OF LIFE**

**A NEW YOU  
EMERGES**

CONTAINS ALL  
EXPERIENCES OF  
THE GRIEF JOURNEY



**EVERYBODY in their OWN time!**









# Scars heal

*However they rarely disappear*



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Questions

And

Feedback

*The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.*

Dr. Rachel Remen 1996

# We have our own loss and grief

- **Be aware of triggers**
- *People*
- *Environments*
- *Situations*



# We live amongst others who grieve

- Others will be impacted by the losses they observe and experience.



# Recovery is like a Marathon



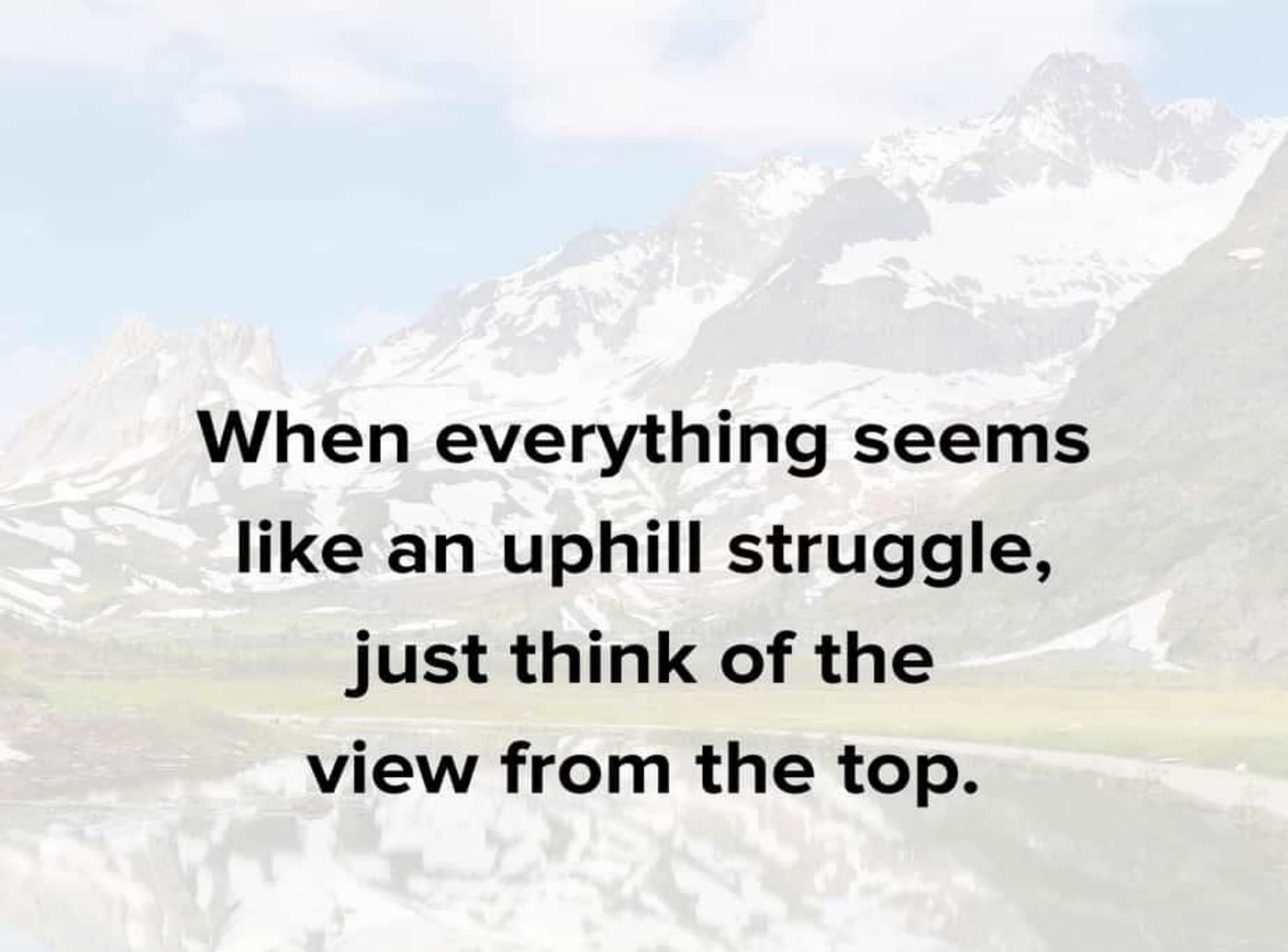
# Recovery is like a Marathon

- **Involves :**
- **Time**
- **Energy**
- **Committment**
- **Support from others**



You don't have  
to see the  
whole staircase,  
just take the

**FIRST STEP**

A scenic view of a mountain range with snow-capped peaks and a valley below. The mountains are rugged and covered in patches of snow, with a clear blue sky above. The foreground shows a valley with green fields and a river or stream.

**When everything seems  
like an uphill struggle,  
just think of the  
view from the top.**

**OLD WAYS  
WON'T OPEN  
NEW DOORS.**



# HOW DO WE CARE FOR THOSE WHO GRIEVE?

Don't underestimate your "ministry of presence" — just being there!!



If you don't have the empathy and humility to feel helpless you will be useless.

## HOW DO WE CARE FOR THOSE WHO GRIEVE?

Offer your quiet, supportive presence.

If you don't know what to say, that's all right.  
Don't say anything.



# HOW DO WE CARE FOR THOSE WHO GRIEVE?

Be an advocate for the grieving.

Don't expect the grieving to do or say anything.

If the person does want to talk, simply allow them to talk about what is on their mind.

Refrain from interviewing or leading the agenda of a conversation.



# HOW DO WE CARE FOR THOSE WHO GRIEVE?

Allow the person to feel and express the emotions they are experiencing.

Accept and normalise manifestations of normal grief

Listen in a non-judgmental way. Don't show shock at anything the person shares.



# HOW DO WE CARE FOR THOSE WHO GRIEVE?

Avoid roadblocks e.g. you shouldn't diagnose.



Act empathically

*e.g. A little girl had a little playmate die. One day she reported to her family that she had gone to comfort the child's mother. "What did you say?" her father asked. .... "Nothing, I just climbed up on her lap and cried with her."*

## HOW DO WE CARE FOR THOSE WHO GRIEVE?

- It's OK to cry with someone who is grieving providing they don't end up having to be your carer.
- Facilitate practical support, such as food, transport, funeral arrangements
- Provide continuing support , if wanted and appropriate

# HOW DO WE CARE FOR THOSE WHO GRIEVE?

Facilitate connection with support system, e.g. family, friends, neighbours, church community, etc.

Monitor their physical/emotional health and safety

Pray if appropriate.

Pray in brief, simple, authentic language

Identify complicated grief and refer the person to grief counseling or mental health services

# Self Care

- Being with those experiencing loss can remind us of our own losses
- Being with loss can heighten our own feared losses
- Being with loss can heighten our own internal anxiety about our own death
- Being with those experiencing loss can lead to 'compassion fatigue'

# SELF CARE: Looking after yourself

- Because you care, you need to understand that it is normal for you to grieve along with others.
- Learning to release those you care for.

Pray

Refer

Release

- When you pray, ask God to be with those you have cared for.

# Biblical examples

- **Genesis 23:1-9**

Abraham mourns and responds to the death of his wife Sarah

- **Psalms 23 and 46 ..**

Prayers and statements of faith in traumatic times

## **Job 2: 7-13**

Job's wife and friends respond to the difficult situation surrounding Job

## Biblical examples

- **Matthew 5:4**

Blessed are those who mourn  
( regarding sin)

- **Matthew 11:28**

“Come to me, all you who are weary and  
burdened, and I will give you rest.”

# Biblical examples

- **John 11: 17-37**

Jesus comforts Mary and Martha after Lazarus has died.

- **2 Corinthians 1: 3-5**

**God is “the God of comfort” . He understands suffering.**

- 1 Peter 2:19

- Sometimes we suffer unjustly

# Biblical examples

- **Revelation 21: 1- 4**

Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

# The place of prayer

- **Matthew 11:28**

**“Come to me, all you who are weary and burdened,  
and I will give you rest.”**

- Turn to God
- Pray honestly and frankly express emotion
- Ask questions in prayer
- Pray for others
- Attempt to worship God
- Don't pray presumptively about other people.

# Resources

- Talk to your local General Practitioner (GP)
- Support Groups associated with Churches and organisations
- NSW Bereavement Counselling Services Directory  
<http://www.palliativecarebridge.com.au/resources/2017%20Bereavement%20Counselling%20Service.pdf>

# Resources

- Employee Assistance Programmes

<http://www.eapaa.org.au/>

## Cancer Council

You can call Cancer Council **13 11 20** or ask your palliative care team for help accessing bereavement counselling. [GriefLine](#) offers confidential telephone and online grief counselling every day between midday and 3 am – call **1300 845 745**.

# Resources

- Lifeline Ph 131114
- Associated Counsellors and Psychologists..Sydney  
Ph 02 82940897  
[http://www.counsellingsydney.com.au/grief-bereavement?gclid=EAlaIQobChMI5tvigI7H2QIVipS9Ch0h0wMMEAAAYASAAEgJ-7PD\\_BwE](http://www.counsellingsydney.com.au/grief-bereavement?gclid=EAlaIQobChMI5tvigI7H2QIVipS9Ch0h0wMMEAAAYASAAEgJ-7PD_BwE)
- BaptistCare Counselling and Family Services  
ph 1300 275 227 <https://baptistcare.org.au/counselling-and-family-services>

# Resources

- Beyond Blue Coronavirus  
Mental Health wellbeing support line
- PH 1800 512 348
- <https://coronavirus.beyondblue.org.au>

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Questions

And

Feedback