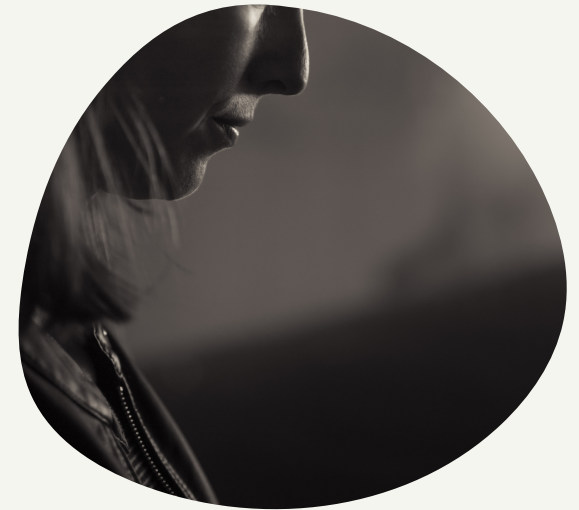


WHAT IS GRIEF?

- GRIEF IS A NORMAL, NATURAL AND HEALTHY RESPONSE TO DEATH
- GRIEF IS NOT TIME LIMITED
- GRIEF IS A PERSONAL EXPERIENCE AND IS AS UNIQUE AS A THUMBPRINT
- YOUR GRIEF SHOULD NOT BE COMPARED TO ANYONE ELSE'S
- GRIEF IS PAINFUL
- GRIEF IS AN EMOTIONAL RESPONSE BUT ALSO A PHYSICAL, SPIRITUAL AND SOCIAL EXPERIENCE
- GRIEF CAN BE COMPLICATED
- DEALING WITH GRIEF CAN BE HARD WORK AND TAKES A LOT OF ENERGY
- GRIEF IS RELATED TO CHANGE
- GRIEF IS THE JOURNEY FROM OLD NORMAL TO NEW NORMAL

Takeaways

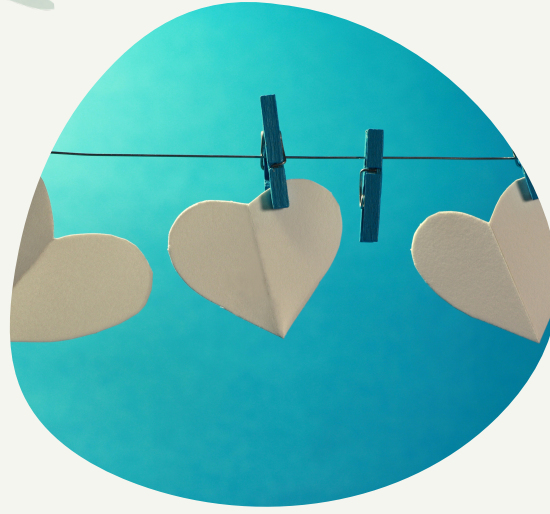
- Grief does not just "go away" and it is impossible to avoid
 - Grief is not linear
- The goal of grieving is not to "get over" a loss but to find a new normal
 - it is always alright to ask for help
 - it is important to recognize when grieving may be having a significant impact on your ability to function and to seek professional support at this time



Grief and Loss

WHAT IS GRIEF AND
WHAT CAN YOU DO
ABOUT IT?

RESOURCES



HOW TO HELP OTHERS GRIEVE

- 1) Listen, let them talk at their own pace, don't ask a lot of questions, allow them to share their feelings, use the same words they use, build a safe connection.
- 2) Acknowledge and Validate: it's ok to feel vulnerable, insecure, frightened, and "unstrong".
- 3) Be aware of judgements: ie: it can be hard to understand why your friend or family member can't seem to move on, or confused by the type of grief someone is expressing.
- 4) Respect privacy: don't share details and help them find further support if they want it.
- 5) There is no "fix it" solution, allow yourself to feel ambiguous about the interaction.
- 6) Help people maintain their own self care: bringing food, asking to go for a walk together, offering to support with tasks or encouraging people to rest when they need it can make a difference

-Bereaved families of Ottawa
<https://bfo-ottawa.org>
-CMHA
<https://ontario.cmha.ca/documents/grieving/>
-Champlain hospice palliative care program
<https://champlainpalliative.ca/>
-Mygrief.ca
-Crisis line
613-722-6914
-funeral cooperative of Ottawa: by your side modules
-Jewish Family Services
<https://www.jfsottawa.com/>
-Catholic Family Services
<https://cfsottawa.ca/home/>
-accessMHA.ca
<https://www.ementalhealth.ca/>
-Psychiatric Survivors of Ottawa

SELF CARE

TIPS FOR SUPPORTING YOURSELF THROUGH GRIEF

- connect with others and seek support
- join a support group where you can safely talk about what you are feeling
- Focus on self care by taking a walk, making sure you are eating, engaging in exercise, getting outside, getting sleep and rest, and maintaining your hygiene
- notice when you do not eat sleep or exercise regularly
- build a self care routine that you incorporate into your schedule and make sure to do these things every day
- be mindful of your self talk and "mental chatter"
- Self educate yourself with regards to shame and guilt and the difference
- volunteer in something outside yourself
- Don't be afraid to take rest or ask for space