

Community Care Topic

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Introducing your
Community Chaplain
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This Care Mail Topic can be distributed electronically and shared as a photocopy. Please contact your community chaplain at any time for additional resources and for any type of personal crisis support. The service is provided by Shepherd Care and is completely confidential. Please also visit the Shepherd Care website for more helpful resources.



"Earth has no sorrow
that heaven can't heal."
"Come as You Are"
by Crowder

Good Grief!

Navigating through the Passage of Grief and Loss

In our lives facing the loss of our loved ones, co-workers, and customers will happen to each of us. We can also grieve over *any* type of loss. Here are some tools to help you deal with this crisis event. Each person is impacted by loss in a different way; it is unique to the person. Some losses are predictable and some are not. *Grief is normal*. In our lives facing the loss of our loved ones, co-workers, and customers will happen to each of us. If you experience grief that means that you are human and you have a heart that cares. Expressing your feelings in healthy ways is okay. Remember the positive and talk about the future.

Here are some more notes on Grief:

- The closer the relationship, the greater the grief.
- Grieving is especially hard for those that are insecure, dependent, anxious, depressed or already living under stress.
- Can affect immune system, emotional, and physical health.

The Typical Stages of Grief

Grief needs to run its course. If we are not careful we can get bogged down in the process. These stages do not always happen in a specific order or cycle and each stage can surface at any time after facing a loss.

- Denial/ Shock (this isn't *happening* to me!)
- Anger/ Fear (why is this happening to *me*?)
- Bargaining/ Guilt (I promise I'll be a better person *if...*)
- Depression/ Sorrow/ Anxiety (I don't *care* anymore)
- Acceptance (*I'm ready* for whatever comes)

Life Skills

Grief is not a condition to simply put a band-aid on and it will go way in 3-5 days. It is a passage. You *can* get through it. It is living life on *this side* of the loss. Here are some basic life skills to help navigate through this valley:

- Life Habits- hobbies, journal, relax, recovery time, breaks and time away from work, and developing a healthy attitude.
- Prepare- talk about it before hand. In our lives we can expect that it will happen.
- Core Beliefs- a recent study showed that turning to faith helped over 70% of people deal with grief. This provides hope and an eternal perspective. "The Lord is my shepherd; I shall not want." Psalm 23:1
- Environment- *Caring for the Care Giver*
 1. Allow time to process grief (for you, family, and co-workers). Have Patience.
 2. Rest and Sleep.
 3. Support Groups- socialize, meals, listen, and a monitor network can be a support to make sure not get too heavy/ overwhelmed.
 4. A Memorial- to honor the memory and provide meaning to the future.
- *Purpose*- once "acceptance" is realized then helping *others* through the grief process can provide further healing and meaning to our lives.

"(God) Who comforteth us
in all our tribulation, that
we may be able to comfort
them which are in any
trouble, by the comfort
wherewith we ourselves
are comforted of God."
2 Corinthians 1:4

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