



UNDERSTANDING GRIEF: EDUCATION FOR CAREGIVERS

Presented by Military & Family Life Counselors

OBJECTIVES

- Defining emotional reactions
- Model of grief
- The four tasks of grief
- How we experience grief
- Responding to someone who is grieving
- How to help
- Care Givers

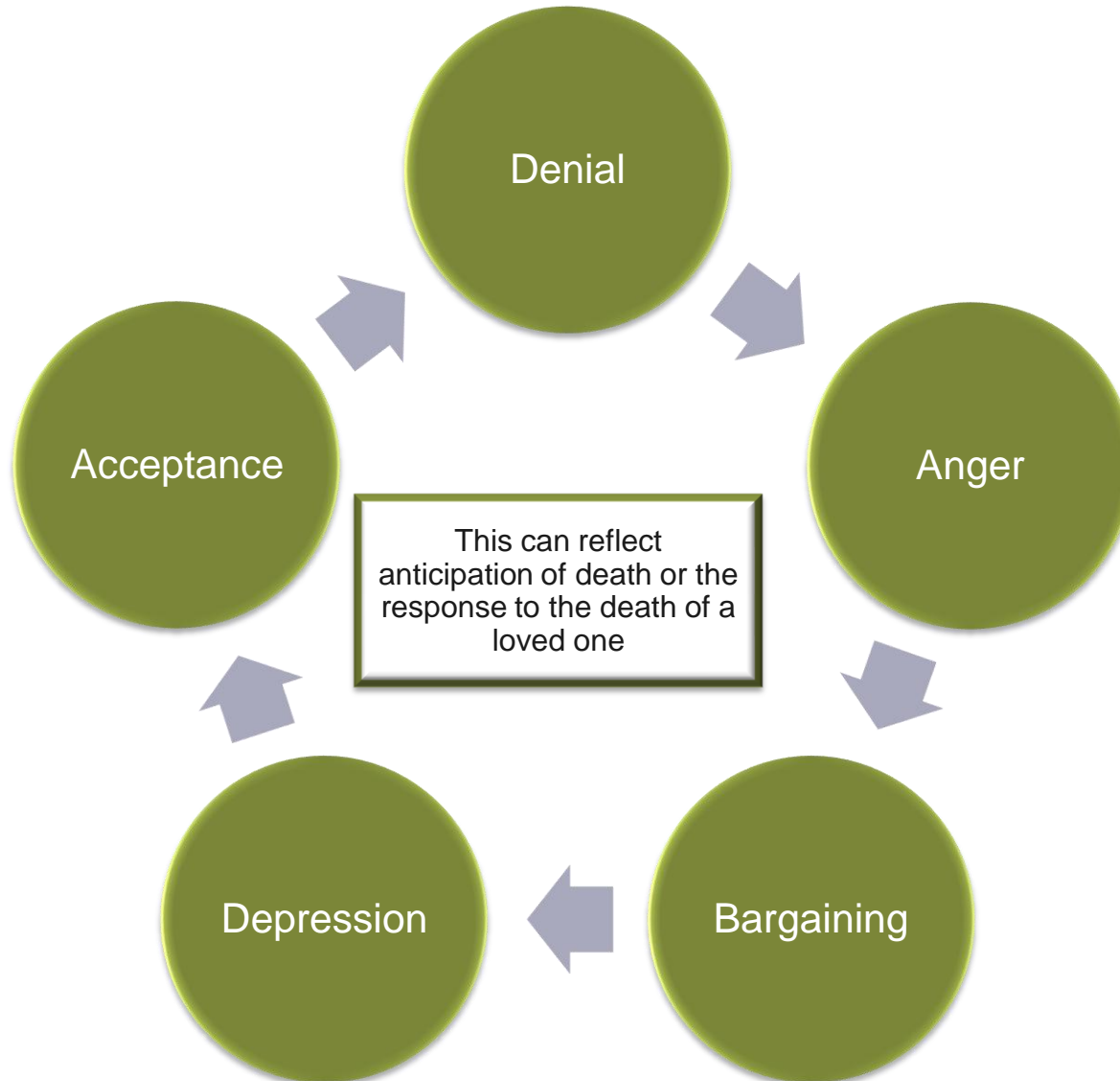


EMOTIONAL REACTIONS

- Any event that has the potential for overwhelming a person's normal coping ability
- Remember, the emotional significance of any incident is unique for each individual
- A negative stress response to a loss is a normal reaction to an abnormal situation
- Grief is the reaction people have to any loss in their lives



KUBLER-ROSS MODEL OF GRIEF



UNDERSTANDING GRIEF

Four Tasks of Grief

1. Accept the reality of the death
2. Experience the pain of grief
3. Adjust to the environment in which the deceased is missing
4. Form a new identity and reinvest energy without forgetting the past



HOW WE EXPERIENCE GRIEF

Physical:

- Pain, Breathing, Dizziness, Sleep

Emotional:

- Shock, Crying, Anger, Fear, Envy

Psychological:

- Guilt, Bargaining, Memory

Social:

- Loneliness, Isolation, Relationships

Spiritual

- Loss of Faith, Questioning, New Faith



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- Isolation
- Relationships

Spiritual

- Loss of Faith
- Questioning
- New Faith



REALIZE

- Trauma can shatter the way one looks at the world
- Life has just changed forever
- There may be a need to retake control of one's life
- Everyone experiences grief in their own way
- Be respectful of the family's religious beliefs and customs
- Withhold judgment or expectations
- Bereavement is very individualized



WHAT TO SAY

- “I’m very sorry.”
- “You have our support. Call on us.”
- “This is a great loss to the organization/nation.”
- “_____ will be greatly missed.”
- Offer choices and listen to requests.

“Remember”

Honor the dead by focusing on the life and the service

DIGNITY FIRST, COMPASSION ALWAYS



KEYS TO SUCCESS

- Know your own limits
- Know when to seek help
- Be a good listener
- Know that it is okay to be quiet
- Be respectful



WHEN TO SEEK HELP

- When the family member has needs that go beyond your expertise
- If they become emotionally distraught and cannot be consoled
- If the stress negatively starts to affect the household
- If there is a threat of suicide



SIGNS OF STRESS

Signs include:

- Sadness
- Headaches and/or stomach aches
- Sleeping difficulties
- More easily upset
- Tearful and/or get angry more
- Often catches colds
- Feel you cannot cope anymore
- Cannot concentrate
- Eat, smoke, and/or drink more than usual

Signs of stress differ depending on the person



SELF-CARE

- Seek additional support from the Chaplain, MFLC or other resources
- Eat a well balanced diet
- Get enough sleep and rest
- Exercise



SUMMARY

- Grief is the reaction people have to any loss in their lives
- Grief is experienced physically, emotionally, socially, psychologically and spiritually
- When talking with others, use age appropriate language and be sensitive to where they are developmentally
- Learn to recognize the signs of stress
- Practice self-care





QUESTIONS?



RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.Tricare.mil
- Behavioral Health Services





THANK YOU

