

# COPING WITH LOSS

- Distinguish between appropriate and non-appropriate ways of coping with loss
- Discuss experiences of loss and the feelings often associated with these

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**Some of the most important needs of the bereaved can be summarised as follows:**

- To feel support. We need to recognise that bereavement raises all sorts of feelings, and that people need the care, love, support and understanding of others

To face reality. The process of recovery is linked directly to acceptance of the loss.

Acceptance will not come until reality is faced.

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- To express feelings. It seems important to many grieving people that emotional release be encouraged. Grieving people should be helped, encouraged, and allowed to express their feelings. This may mean tears, talking, and other acting out.

To move towards the re-establishment of self.

Life is an on-going process. For many this is difficult, and for a period of time, often many months, painful and unthinkable. Yet life is for living and loving, for caring and relating.

**"Get Busy Living or Get Busy Dying"**

Andy Dufresne, from "The Shawshank Redemption."

- During grief, it is common to have many conflicting feelings. Sorrow, anger, loneliness, sadness, shame, anxiety, and guilt often accompany serious losses. Having so many strong feelings can be very stressful.

- Yet denying the feelings, and failing to work through the five stages of grief, is harder on the body and mind than going through them. When people suggest "looking on the bright side."

# Recovering From Grief

- Grieving and its stresses pass more quickly, with good self-care habits. It helps to have a close circle of family or friends. It also helps to eat a balanced diet, drink enough non-alcoholic fluids, get exercise and rest.

- Most people are unprepared for grief, since so often, tragedy strikes suddenly, without warning. If good self-care habits are always practiced, it helps the person to deal with the pain and shock of loss until acceptance is reached.
- Lets look at a case study
- Back to Jesus and loss.