



Jo-Ellen Watson, Ph.D., LICSW, CLC, Certified Wellness and Emotional Intelligence

* Advanced Grief Recovery Specialist Certified by the Grief Recovery Institute

Website: grayintogold.com, 208-866-6397, joellen@grayintogold.com

Listen to Elementary Watson on KRBX 89.9/ 93.5 FM Tuesday 4-4:30

Recognizing, Responding and Recovery from the Emotional Pain of Loss

1. Goals for Today: Defining Grief, It's Normal, Grief is Misunderstood, Why We Grieve, Ways to Feel Better, Self-Care
2. Understanding the Emotional Pain of Loss/ The Best Definition of Grief:
 - a. The normal and natural reaction to change or loss of any kind
 - b. The response to a change in or end of any familiar pattern of behavior

3. Understanding the Emotional Pain of Loss (Grief):

Grief is normal; each person's grief is unique; there are no stages of grief; there are no universal feelings; grief is not a mental disorder; grief is often mislabeled.

4. What Causes Emotional Pain from Loss (Grief):

It starts in childhood by not dealing with feelings; Grief is cumulative through the lifespan when not dealt with properly; we are not taught how to deal with loss or healing from emotional pain as children or as adults; we don't know how to unpack our backpacks of pain so they keep getting bigger.

5. Naming the Losses:

40+ reasons why we grieve (tangible and intangible losses). It does not have to be the big ones of death or divorce; others are pet loss, loss of job, financial insecurity, moving, major diagnosis of chronic illness, loss of sense of safety, trust, faith, respect, dreams, expectations, hope, and normalcy to name a few (intangible losses).

***Note: This material is copyrighted through the Grief Recovery Institute and may not be copied, redistributed, or presented without the expressed permission of the Grief Recovery Institute.**

6. Myths and Misinformation about How to Manage Emotional Pain of Loss (Grief):

“Don’t feel bad”, replace the loss, grieve alone, be strong for others, time heals all, keep feelings inside, say you are OK when asked and you know other statements you have heard or said when trying to help.

7. The Short-Term Energy Behaviors We Use to Deal with Grief (STERBS)

Food, Alcohol, Stay Busy, Gambling, Shopping, Over Exercise and more.....

8. How Do We Act When The Emotional Pain of Grief is Unresolved:

Unwilling to think or talk about the loss, feeling afraid of the thoughts or feelings about the loss, painful memories block the joy, can only be positive, can only be negative about the relationship.

9. What is Not Helpful to Hear: See number 6.

10. What is Helpful to Say or Do:

“What happened? You must feel heartbroken, devastated, so alone,” listen with your heart and ears; be present and in the moment with their pain.

11. Finding Relief and Taking Care of Yourself:

Meet your basic needs, deep breathe, connect with others, be in nature, listen to music, seek joy when possible, find a calming mantra, and feel your feelings.

***Note: This material is copyrighted through the Grief Recovery Institute and may not be copied, redistributed, or presented without the expressed permission of the Grief Recovery Institute.**