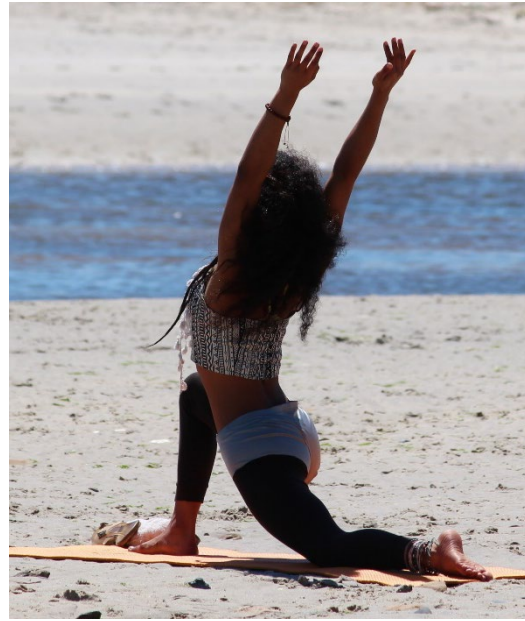




**Physical Health**



**Mental Health**



**Vitality & Happiness**

**Emotional/spiritual  
Wellness**



# ELEVATING FROM GRIEF TO RECOVERY

FINDING YOUR CLARITY

# 14 MAJOR CAUSES OF GRIEF

- Divorce
  - Financial loss
  - College graduation
  - Infertility/loss of child
  - Career loss
  - Health changes
  - Loss of health
  - Change of job
  - Relocating
  - Estrangement
  - Illness
  - Retirement
  - Death
- Grief is often only associated with death; however, anything that consists of loss, change, or decline falls into the category of grief. Subsequently, grief still manifests the same physical, mental, emotional, and spiritual results.



# WHAT ARE THE MOST COMMON TYPES OF GRIEF

**Death of a loved one**



**Suicide loss**



**Job loss**



**Divorce**



**Death of a pet**



# LET'S TALK ABOUT THE 5 STAGES OF GRIEF

- Unable to conceive that the loss is real.
- The unfairness of the loss births anger.
- The idea that you can change the course of events by changing behaviors, ideas, and even lifestyles.
- Long-term or intermittent depression.
- Embracing your new reality.



# HOW ARE YOU GRIEVING?



- Is there a right or wrong way to grieve?
  - Everyone grieves differently, and while there is no “right or wrong” way to grieve, there is unhealthy vs. healthy grieving.
  
- Does grief have a time frame?
  - No, grief comes in waves and stages. It depends on the length of the loss. It also depends on the type of loss.
  
- Will I ever feel normal again?
  - The term “normal” is subjective.



# WHAT TO AVOID WHILE GRIEVING?

- Refuse to make the necessary adjustments related to healing.
- Avoid self-pity.
- Self-medicate.
- Remain withdrawn from people and healthy coping tools.
- Trying to “get over it” quickly.
- Blaming and condemning yourself.
- Entering relationships before you’re ready.
- Underestimating your capacity to grieve in a healthy manner.

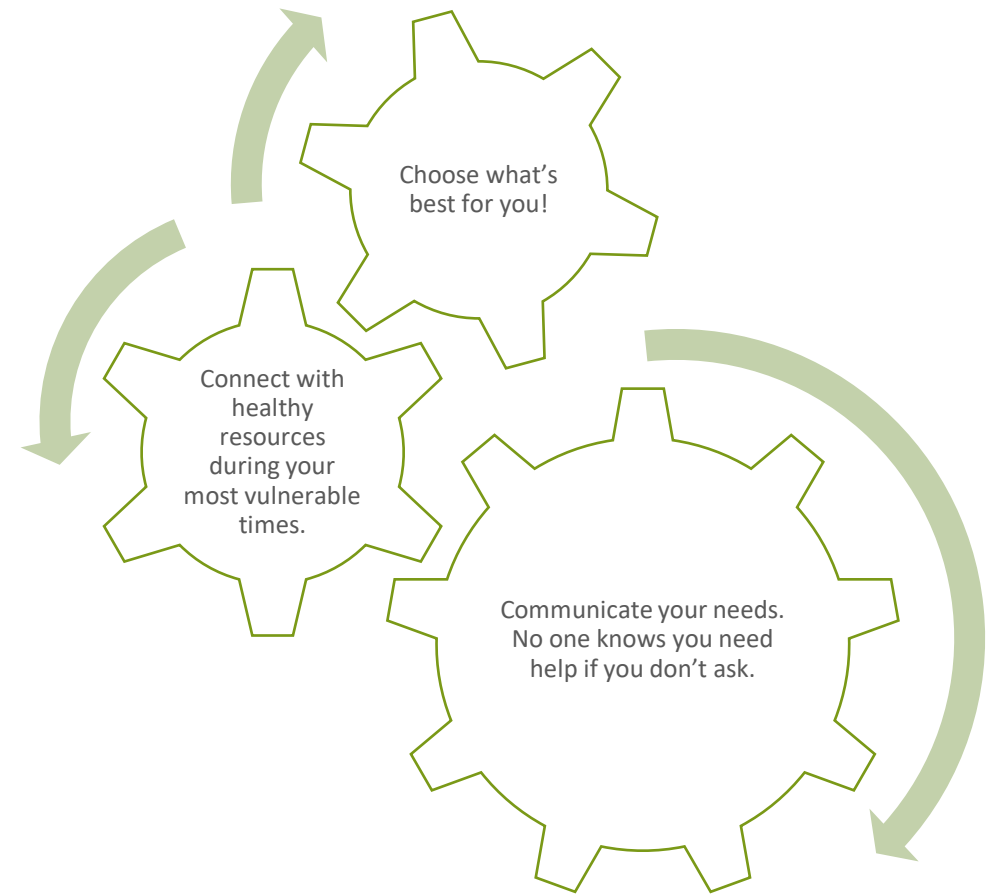


# HEALTHY GRIEVING TECHNIQUES

- Find support!!!
- Journal, journal, journal!!
- Remain in the moment.
- Practice mindfulness.
- Write a letter.
- Look for therapeutic outlets.

# HOW TO REMAIN IN YOUR HEALED PLACE WHILE GRIEVING?

- Choose
- Connect
- Communicate







## DON'T APOLOGIZE FOR GRIEVING!

“We will all face grief at some point in our lives. It is OK to grieve. It is not a weakness or a disability. It is our mental process of loss. We learn, we grow, we overcome, and we achieve”

~Paula Church

QUESTIONS?

QUESTIONS?