Healthy Hurting: Tips for Coping with Loss & Grief

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“Grief never ends …but it changes. It’s a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith. It is the price of love.”

- Author unknown
The Language of Grief

- Loss
- Trauma
- Grief
- Bereavement
Loss

- Necessary
- Perceived
- Actual
- Anticipatory
Trauma

- Little t
- Large T
- Generational
- Secondary & vicarious trauma
Types of Grief

- Average response
- Disenfranchised
- Delayed
- Inconclusive
- Complicated or Compounded
The Cognitions of Grief

Better

More

Different
The Emotions of Grief

- Sadness
- Anger
- Fear
Physical Effects of Grief

- Body aches & pains
- Digestive issues
- Loss/increase appetite
- Sleep problems
- Fatigue
Dos & Don’ts of Coping
Window of Tolerance
The Process of Healthy Hurting
Limit STERBs

- Shopping
- Sleeping
- Sex
- Eating
- Gambling
- Isolation
- Work
- Alcohol or drugs
- Autoregulation activities like TV, gaming, doom scrolling
## Coping with Emotions

<table>
<thead>
<tr>
<th>Grief must be witnessed</th>
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<tbody>
<tr>
<td>Emotional First Aid</td>
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<td>Relief is common; it's okay to laugh</td>
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<td>Letter or journal writing</td>
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<tr>
<td>Spirituality</td>
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<td>When are you?</td>
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<td>Schedule grief</td>
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Practical Care

- Basics self-care: nutrition; hydration; rest; movement
- Manage your energy
- New permissions
- Modify or cancel previous traditions/events
- Boundaries
The deeper that sorrow carves into your being, the more joy you can contain.

Kahlil Gibran

Post Traumatic Growth
Appreciation of life

Relationship with others

New possibilities in life

Personal strength

Enhanced Spiritual development
LOVINGKINDNESS PRACTICE

MAY YOU BE SAFE
MAY YOU BE HAPPY
MAY YOU BE HEALTHY
MAY YOU LIVE WITH EASE

Sharon Salzberg
Support Resources

- https://grief.com/
- https://www.centerforloss.com/
- https://www.mourninghope.org/
- Grief Share groups
- Books:
  - *Welcome to Your Crisis* by Laura Day
  - *When Things Fall Apart* by Pema Chodron
- For kids:
  - https://www.dougy.org/grief-support-resources/kids
  - https://sesamestreetincommunities.org/topics/grief/