

4 Distinct Stages Of Grief

1. **Disbelief** - Shock, Denial, Panic, Numbness (robotic)

2. **Dark Stage** - Rage at deceased, perpetrator or self & first responders. Anguish & despair. Survivor wonders how and why they should go on living.

3. **Process** - Starting to work their way out of grief. Bargaining, Forgiveness.

4. **Walking back into Life**. - Acceptance, growth and maturing.

Men & Women Grieve Different

Men feel the agony of loss just as deeply as women, however, men grieve differently

How Children Grieve

Child's grief usually lasts longer than an adults. A child's grieving process may need to be addressed over and over as they get older.

Helping Others Through the Grieving Process

Show a willingness to listen. It may be distressing at first, but you're not expected to provide answers. Instead, you can be a comforting, safe place for someone who desperately needs to talk in order to make sense of what they are going through



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Loss & Grieving Workshop



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LOSS & GRIEVING

Loss and grief is common to every human being. We grieve more times than we realize.

Every time we lose someone or something that is **LOVED** by us or of **VALUE** to us we experience a form of "**Death**", and that brings with it grieving.

Loss can be:

- ♦ A person (preborn baby, child, parent)
- ♦ A relationship (friendship, marriage)
- ♦ A job or retirement
- ♦ Hopes and dreams
- ♦ Health
- ♦ Independence, trust, sense of belonging
- ♦ A pet
- ♦ Sudden losses, or over time

The greater the value & importance of the person or thing, the greater our sense of loss,

of death and the deeper our grief.



EXPECTED/SUDDEN LOSS

Expected Loss

When we lose someone because of aging or terminal illness.

With each stage of deterioration, the grieving process begins because of the shift of dependency on each other, the change in the nature of relationship & loss of hoped dreams.

It still takes 2-4 years to complete grieving

Sudden Loss

The result of a sudden, traumatic event through accident, murder, fire, drowning, suicide.

There is no time to prepare for the loss

It takes 4—7 years to complete grieving

Statistics about types of losses

In Canadian Society:

80% of death is expected

20% is violent/unexpected

In Indigenous peoples:

20% of death is expected

80% of death is violent/unexpected

No matter what type of loss, grieving pain tends to increase during 2nd and 3rd years, possibly because the 1st year is spent in psychological numbing of "reality" Sudden loss carries with it deep trauma, even PTSD

Trauma needs to be dealt with before process of grieving can take place.

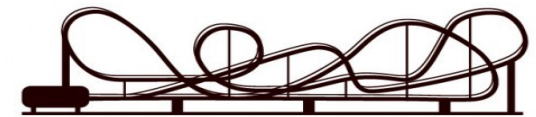
7 LESSONS LEARNED FROM GRIEVING

#1 We have no right to judge what is or is not of value to another person, therefore, what should and should not be grieved.

#2 There is no right or wrong way to grieve

#3 Grieving will affect every part of your spirit, soul (mind, emotions, will) and body. Be kind and patient with yourself and others as you or they grieve!

The Grieving Process



#4 - Do not have expectations of what you or someone else's grieving process or timetable should or will look like.

#5. Unless we are able to work through our losses to a healthy closure, our spirit, soul & body may shut down and finally respond with PTSD.

#6 Men and women are created different by God and grieve differently. Be patient, understanding, loving & there for them.

#7 Understand that children grieve differently and their grief needs to be addressed at different stages of their development in age-appropriate ways and language