

"Put your energy where your heart is"
Making Meaning from Loss

AZSPC 2022

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A Program of the Baton Rouge Crisis Intervention Center

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Meaning-making

meaning-making is the process of how people construe, understand, or make sense of life events, relationships, and the self.

[1] The term is widely used in constructivist approaches to counseling psychology and psychotherapy.

[2] especially during bereavement in which people attribute some sort of meaning to an experienced death or loss.



Young Girl Weeping for her Dead Bird by [Jean-Baptiste Greuze](#)

Grief is about love!

Time and safety are needed for the pain
of a death to leave your body, that is
when we mourn

Challenge for many is to feel, deal, and heal that pain before you can help others!

Barriers to Mourning

- How others react to your grief
- Both inside and outside of the family
- Waiting for others to feel the same as you do
- Stigma, shame, and WHY
- Cooley's looking glass self

Making meaning is a welcomed distraction from grief

- But there can be a heavy price to pay for distractions from your grief
- An Irish mother's tale

Grief robs you of your energy

- Self care is the most important activity of daily living during this period of mourning
- Perhaps the hardest thing we can do is care of ourselves when we are grieving
- I know it is the most important thing we can do for ourselves

SELF CARE VS SELFISH

“This concept of taking care of yourself was the most selfish thing I had ever heard of! Of course now that I “get it” I think it is what saved my life!”

Self-Care

After a difficult loss, it may feel silly or even selfish to take care of yourself. We hope you remember your four-legged stool of self-care.

1. Support System

Reach out to those who support you for fun, support, or just to chat.

4. Productive/ Creative Life

Do something today that is in line with your values and gives your life meaning.

2. Daily Living Activities

Knock off something on your to-do list, but don't beat yourself up if you do not get everything done on it.

3. Physical Health

Do your best to have a regular bedtime routine and eating schedule. Get your heart rate up with some physical activity. Have you seen your doctor lately?



Barriers to Self Care

- Wearing a Mask
- Waiting for others to grieve in the same way
- Social Isolation / withdrawal from supportative community

Have a goal for meaning making

- First use what energy you have to pick a goal to go for when you are ready.
- Talk it over with those you know can support you both in your grief and afterward
- Make sure you are healed before you help others.

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