

**HOPE 2022**

Tempe, AZ

# Self care and Grief

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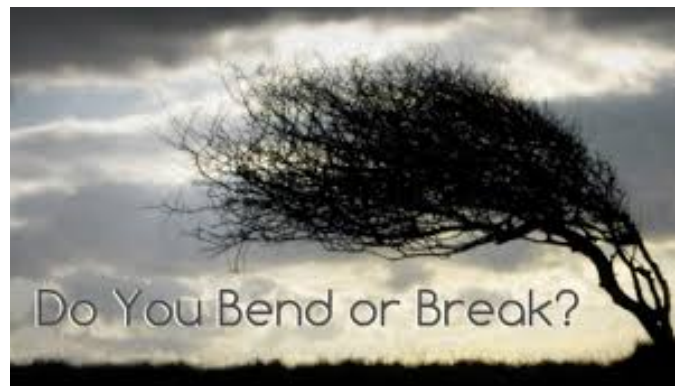
**STUART D. SMITH, LPC**  
**LINK COUNSELING CENTER, ATLANTA**

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# The Demands of Grief

- Time
- Focus
- Energy
- Physiology
- Priorities and Values
- It is okay to not be okay



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# Fundamentals of self-care

- Respecting and accepting self
- Honoring and loving self
- Honoring Body, Mind and Spirit



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# The Nature of Grief

- Not an illness
- Organic process
- Love and loss
- Disorientation



# The Body

- Eating
- Activity
- Sleep
- Potential for serious health issues
- Breathing, bathing, walking, resting



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# A lot of Thinking


- Analysis
- Replays
- Thinking about Feeling (is not feeling)
- What if ?
- Justice and fairness.
- Thinking as distraction, delay or avoidance
- Bargaining




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# Feelings

- Inviting feelings
- Allowing feelings
- Honor (don't judge) *all* feelings
- Trust feelings
- Understanding anger
- Will rebel if not attended



Real feelings  
don't just "go away"!



Feel Your Feelings  
and Let Them Go

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# Things to Avoid

- Chemical temptations/ illusions
- Prolonged isolation
- Unhealthy relationships
- Denial
- Blame





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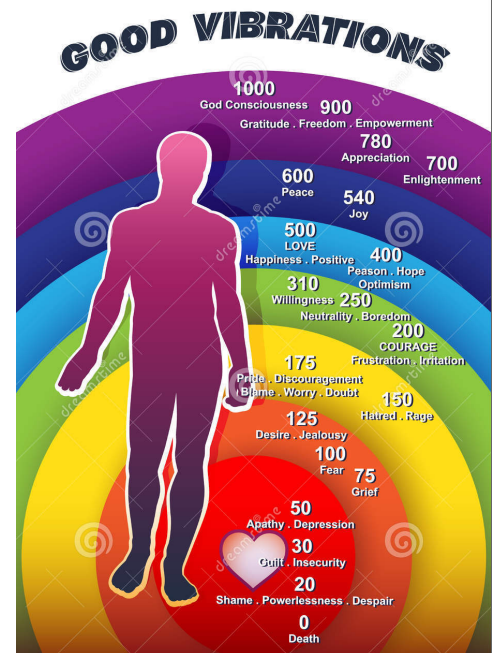
# Suffering

- Accepting suffering
- Understanding and befriending suffering
- Reducing suffering and learning how to suffer
- Respecting suffering: where we learn



# What's allowed in

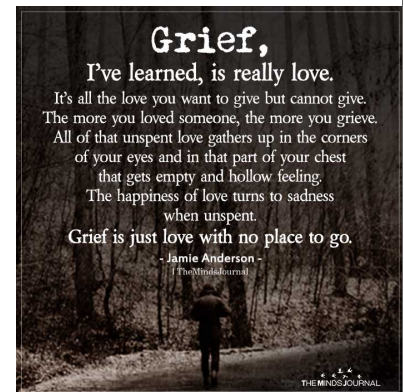
- Toxic people
- Toxic exposures
- “Angry chickens”
- Beauty and kindness
- Inspiration and wisdom



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# Grief as the new relationship

- A new, demanding, sometimes silent partner
- The presence of the absence
- Can be very consuming
- The danger of familiarity
- Potential for exclusivity
- An unwelcome but immersive situation



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*"Death doesn't end the relationship; it simply forges a new relationship—one not based on physical presence but on memory, spirit and love."*

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# Acceptance

- Acceptance as relief and release
- Acceptance as authenticity and truth
- Acceptance as forgiveness
- Acceptance as liberation and renewal
- Acceptance as seeking wholeness



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# Relationships

- Ever love again
- Trust
- Permission
- New (often better) friendships



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# Asking and receiving

- Recognizing and acknowledging needs
- Learning to receive
- Receiving as self-acceptance
- Receiving as balance and empathy
- It is okay to be okay



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# Spirituality

- Losing, finding, or reconfiguring spirituality
- Struggles with justice and fairness
- Honoring the old and or creating / embracing th
- The importance of RITUAL
- Finding peace



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# Paying Attention and Being

- Awareness without judgement
- Self-acceptance and self-compassion
- Moving to the present
- The value of curiosity





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# Depth and Growth

- Deepening roots
- Meaning and significance
- Compassion, patience and non-judgement
- Accepting mortality & the transitory nature of life
- The wisdom of the elder
- Loss *and* gratitude



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# Self care for caregivers

- Monitoring output
- Compassion fatigue
- Emotional “vampires”
- Stepping out
- What nourishes your soul?



Sometimes the  
most productive thing  
you can do is  
to relax

[Dormindfullife.com](http://Dormindfullife.com)

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# Thank you

- Thanks for being committed to deepening your understanding of the processes of grief. Befriending grief allows one to live with more peace, acceptance, understanding and compassion. What you offer in helping others with this process can be very meaningful and important.

