



Sara-May Colón

Coping with Grief

What is Grief?



Grief is a natural reaction to loss of what is important to an individual.



“Grief is a strong, sometimes overwhelming emotion for people, regardless of whether their sadness stems from the loss of a loved one or from a terminal diagnosis they or someone they know have received.”

-Mayo Clinic



How do we Cope with Grief?

Self-Care

- Acknowledge your Grief
- Take care of yourself
- Celebrate the small steps, find ways to laugh
- Go to therapy/join a support group
- Educate yourself on the difference between grief and depression.





How do we Cope with Grief?

Time

- Allow time to be healing
- Give yourself space to simply be
- Try not to focus on expected timelines





How do we Cope with Grief?

Empathy

- Allow empathy for yourself and for others
- Your grief journey is unique
- Allow people to help...even with some easy tasks





How do we Cope with Grief?

Community

- Conversations with family and friends
- Join in on things where you feel comfortable
- Allow nature and people to be healing
- Find things to be part of, that remind you of hope
- Faith Tradition/Belief





Em p a t h y v s S y m p a t h y





Stages of Grief

(Modified Kubler-Ross Model)



Shock*

- Initial paralysis at hearing the bad news
- "What just happened?"

Denial

- Trying to avoid the inevitable
- "This can't be happening to me..."



Stages of Grief

(Modified Kubler-Ross Model)



Anger

- Frustrated outpouring of bottled-up emotion
- "Why is this happening to me? Who is to blame?"

Bargaining

- Seeking in vain for a way out
- "Make this not happen, and in return I will..."



Stages of Grief

(Modified Kubler-Ross Model)



Depression

- Final realization of the inevitable
- "I'm too sad to do anything"

Testing *

- Seeking realistic solutions
- "What does this really mean and what are the bounds"



Stages of Grief

(Modified Kubler-Ross Model)



Acceptance

- Finally finding the way forward
- "I'm at peace with what happened"



“Sometimes it’s OK if the only thing
you did today was breathe.”

Yumi Sakugawa



Self-Care vs Coping Skills



Questions I often ask:

- Are you more focused on Self-Care or Coping?
- What are things that ground you?
- What is something that you lean into?
- What brings hope when feeling hopeless?
- What are you feeling good about?
- Where is an area of growth for you?



“Grief is the last act of love we have to give to those we loved. Where there is deep grief, there was great love.”

Unknown





Thank
you!
Questions?



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