

FILLING YOUR CUP: Self-Care for Professionals & Clients



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D.O. McComb & Sons & Dignity Memorial

Annual Grief Seminar

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“From the moment one embarks on a journey to become a professional healer, one enters into a deliberate dance between meeting the needs of wounded clients and tending to one’s own vulnerabilities.”

Lara Krawchuk



Workshop Objectives

MORNING

- Describe the symptoms and remedies for work-related stress including burnout, compassion fatigue, and vicarious trauma
- Apply self-care and meaning reconstruction techniques to improve caregiver wellbeing and efficacy.
- Develop an institutional support program to foster professional health, education, and wellbeing.
- Reconnect with your personal mission of service.



Workshop Objectives

AFTERNOON

- Explore established and emerging grief therapies to help bereaved people cope with and skillfully adapt to life after loss.
- Identify the symptoms of prolonged grief disorder and know when to refer.
- Administer task-appropriate interventions that foster resilience, continuing bonds, and meaning reconstruction.



“I intend to help you source internal, external, and organizational support so you can be resilient and live fully.

Heather Stang



Imagine a World Without Caregivers

Remember a caregiver who helped you personally during an emergency or emergency crisis.

- *What would have happened to you if they were not there?*

Think of a person you helped during an emergency or personal crisis.

- *How would the outcome be different if you were not there?*





**“They may forget your name,
but they will never forget how
you made them feel.”**

Maya Angelou





Meaning As Medicine

- Remember your purpose
- Find fulfillment in small moments
- Celebrate successes
- Connect with your community
- Be intentional





Caregiver Meaning Reflection

Remember the first time you knew you had a calling. The day you decided to enter a life of service, to care for the sick, the injured, the suffering.

- What was happening in your personal life?
- What inspired you to choose this path?
- How connected do you feel to this inspiration:
- Is it the reason you wake up in the morning, or does it feel like a distant memory?

Take a moment, and without judging yourself, just notice your relationship to your meaning right now.





“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

Viktor Frankl





Types of On-The-Job Caregiver Distress

- Compassion or Empathy Fatigue
- Secondary traumatic stress
- Vicarious Trauma
- Shared Trauma
- Moral Injury
- Burnout



The Currency of Caring

Cost of Caring

- Emotional & physical exhaustion
- Desensitization to patient stories
- Decrease in quality care (“poor bedside manners”)
- Increase in clinical errors
- Higher rates of depression and anxiety disorders
- Rising rates of stress levels
- Degradation in workplace climate
- Decreased empathy & compassion

(Figley Institute, 2013)

Rewards of Caring

- Pleasure at being able to reduce distress
- Honored to be trusted
- Connected in a meaningful way
- Intellectually and emotionally challenge in real time
- Challenging and spontaneous interventions
- Variety and stimulating, rarely boring

(Teater & Ludgate, 2019)



5 Domains of Posttraumatic Growth

- Increased Appreciation of Personal Strength
- Sense of New Opportunities & Possibilities
- Deepened Sense of Connection & Compassion
- Appreciation of Life in General
- Spiritual or Religious Growth or Change

(Calhoun & Tedeschi, 2014)



The Preventative Factors

- Lower frequency and intensity of trauma exposure
- Older age
- Strong social support
- Impersonal trauma rather than interpersonal trauma
- Calm temperament with low anxiety
- Greater experience dealing with people with trauma
- Close connections with colleagues
- Willingness to look for meaning in suffering

(Teater & Ludgate, 2019)



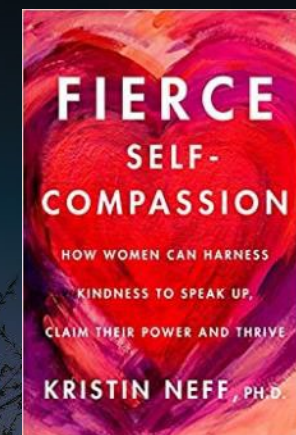


There Is No Shame In Assessment

- Normalize your experience
- Adopt an unbiased observer perspective
- Focus on the Facts
- Use non-judgmental language
- Remind yourself of your strengths
- Seek external support
- Emphasize growth & learning
- Focus on solutions
- Be patient
- Practice [Fierce] Self-compassion



Healthy Motivation & The Three Components of Self-Compassion



1. Kindness manifests as encouragement
2. Common humanity provides wisdom
3. Mindfulness gives vision and clarity



“When we relate to ourselves with tender self-compassion, we care for and nurture ourselves. When we relate to ourselves with fierce self-compassion, we assert our autonomy and stand up for our rights.”

Kristen Neff



Know The Warning Signs

- Having difficulty talking about your feelings
- Free floating anger and/or irritation
- Startle effect/being jumpy
- Over-eating or under-eating
- Insomnia
- Losing sleep over patients
- Worried that you are not doing enough for your patients and families
- Dreaming about your patients and/or their trauma experiences
- Diminished joy toward things you once enjoyed
- Feeling trapped by your work
- Diminished feelings of satisfaction and personal accomplishment
- Dealing with intrusive thoughts of clients with especially those with severe trauma histories
- Feelings of hopelessness associated with your work/clients
- Blaming others

American Counseling Association | [Counseling.org](https://www.counseling.org)





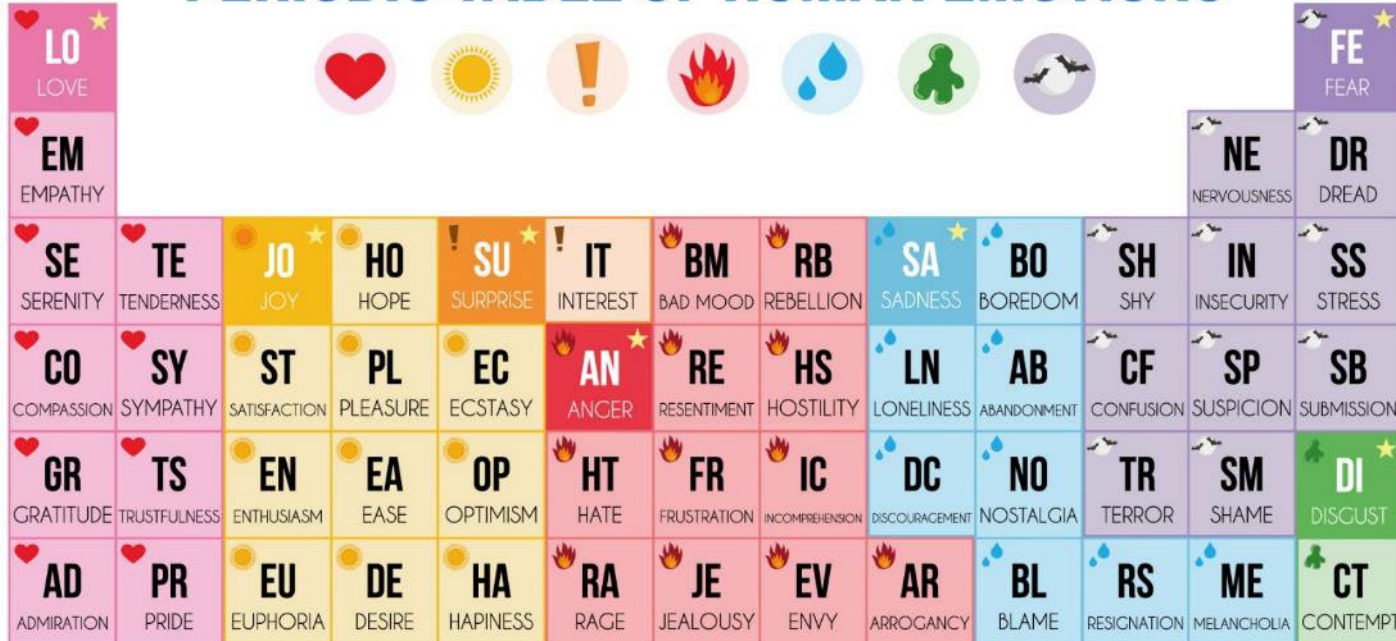
**Coping skills reduce
psychological distress.**



3 Elements Of An Emotion

1. Subjective Experience
2. Physiological Response
3. Behavioral Response

PERIODIC TABLE OF HUMAN EMOTIONS



LO LOVE															FE FEAR
EM EMPATHY														NE NERVOUSNESS	DR DREAD
SE SERENITY	TE TENDERNESS	JO JOY	HO HOPE	SU SURPRISE	IT INTEREST	BM BAD MOOD	RB REBELLION	SA SADNESS	BO BOREDOM	SH SHY	IN INSECURITY	SS STRESS			
CO COMPASSION	SY SYMPATHY	ST SATISFACTION	PL PLEASURE	EC ECSTASY	AN ANGER	RE RESENTMENT	HS HOSTILITY	LN LONELINESS	AB ABANDONMENT	CF CONFUSION	SP SUSPICION	SB SUBMISSION			
GR GRATITUDE	TS TRUSTFULNESS	EN ENTHUSIASM	EA EASE	OP OPTIMISM	HT HATE	FR FRUSTRATION	IC INCOMPREHENSION	DC DISCOURAGEMENT	NO NOSTALGIA	TR TERROR	SM SHAME	DI DISGUST			
AD ADMIRATION	PR PRIDE	EU EUPHORIA	DE DESIRE	HA HAPPINESS	RA RAGE	JE JEALOUSY	EV ENVY	AR ARROGANCY	BL BLAME	RS RESIGNATION	ME MELANCHOLIA	CT CONTEMPT			
									DS DISAPPOINTMENT	WE WEARINESS	PE PESSIMISM				

★ BASIC EMOTIONS

- ♥ LOVE
- ☀ JOY
- ! SURPRISE
- 🔥 ANGER

- 💧 SADNESS
- 🦋 FEAR
- 🍃 DISGUST





Respond to unexpected waves

- ♥ Accept that you ~~may~~ will get tipped over
- ♥ Designate a physical safe space
- ♥ Know what you can control and what you can't
- ♥ Know your triggers so you can anticipate them
- ♥ Keep track of what helps and do more of that
- ♥ Know who you need (people, pets)
- ♥ Know what you need (music, blankets, chocolate)



Quick Fix: Tune In To Your Senses

- ♥ **Sight:** Word art
- ♥ **Sound:** Grief playlist
- ♥ **Taste:** Peppermint tea
- ♥ **Touch:** Soft blanket
- ♥ **Smell:** Essential oils



Support System Superlatives

Take a tip from your high school year book and assign support superlatives to your friends and family. Determine what you need help with and then decide who's 'most likely' to provide the best assistance. Don't worry about hurt feelings, these are for your eyes only. Here are a few examples...

1. Most likely to help me pack my loved one's things
2. Most likely to watch my children.
3. Most likely to take a day or weekend trip with me
4. Best listener.
5. Best advice giver.
6. Most likely to not pass judgement.
7. Most understanding.
8. Most likely to help me organize my finances.
9. Most likely to let me sleep on their couch.
10. Most likely to quickly respond in an emergency.
11. Most rational.
12. Most likely to make me laugh.
13. Most likely to help me with home repairs.
14. Most likely to carpool to and from my child's school and other activities.
15. Most likely to talk with me about my loved one.
16. Most likely to volunteer with me or help me fight a cause in my loved ones honor.
17. Most likely to celebrate my loved ones birthday with me.
18. Most likely to tell me truth.
19. Most likely to notice I'm having a hard time.
20. Most likely to answer the phone at 1 am.
21. Most likely to spend the holidays with me or invite me to spend the holiday with them.
22. Most likely to motivate me.
23. Most likely to exercise with me.
24. Most likely to give me good advice on my opposite sex children.
25. Most likely to still be supportive a year from now

“Let me know if there’s anything I can do.”

1. Be more open to asking for help
2. Identify your needs
3. Identify the best person to help

<https://whatsyourgrief.com/support-system-superlatives-a-journaling-exercise/>



R.A.I.N.: Working With Difficult Emotions

- **RECOGNIZE** - Acknowledge what you are feeling. What is happening inside me right now?
- **ALLOWING (Acceptance)** - Be willing to be present to your experience, no matter how unpleasant. Whatever you notice, let it be. (Tara Brach recommends noting “I consent” or “yes” or “this too”).
- **INVESTIGATE** - Unhook yourself from the object or story, so you can witness the embodied emotion with kindness, and from an unbiased perspective.
- **NURTURE** – Offer yourself mercy and care as you would an ideal best friend. Words of kindness, a gentle caress, or an acknowledgement of how hard this is are a few ways to practice.

(Brach, 2020)



Self-Compassion Mantra

Imagine the most compassionate and understanding person you can - real or imagined. As you reflect on these questions, conjure of a feeling of being comforted and seen by this being.

- ♥ What would they say to you or do to show they understand your pain?
- ♥ How would they remind you that you are not flawed for having these feelings, you are just a human being doing the best you can given the circumstances you are in - many of which are out of your control?

Finally, write down a sentence or two that you will say to yourself next time you feel self-critical in the box above, and place it somewhere that you will see it regularly. Memorize your self-compassion mantra and say it to yourself whenever you catch yourself in a cycle of self-criticism.





Most Helpful Activities (Scale 6 to 1)

- 4.60 Vacation
- 4.34 Social activities
- 4.21 Emotional support from colleagues
- 4.10 Reading for pleasure
- 4.06 Sought consultation with difficult cases
- 3.91 Read relevant professional literature
- 3.88 Took breaks during workday
- 3.83 Emotional support from family & friends
- 3.78 Spent time with children
- 3.67 Listened to music
- 3.59 Attended workshop or conference
- 3.00 Aerobic exercise
- 2.87 Attempted to diversify caseload
- 2.14 Community involvement
- 2.04 Relaxation exercises
- 1.86 Gardening
- 1.51 Artistic expression
- 1.29 Spiritual Practice
- 1.17 Personal psychotherapy
- .95 Massage or bodywork
- .88 Meditation
- .56 Journal writing
- .52 Yoga

(Gamble et al., 1994)



**Self-care activities
increase your resilience.**




Barriers to Implementing Self-Care

- Too busy to notice the level of distress
- Symptoms are perceived to be medical in nature
- Erroneous view of the solution
- Perceived lack of feasibility
- Other priorities outweigh self-care



(Teater & Ludgate, 2019)





“It is said that we can’t attain enlightenment, let alone feel contentment and joy, without seeing who we are and what we do, without seeing our patterns and our habits. This is called *maitri* – developing loving-kindness and an unconditional friendship with ourselves.”

Pema Chödrön



How To Cultivate Maitri

- Meditation
 - Self-compassion
 - Mindfulness
 - Common Humanity
 - Self-kindness
 - Metta meditation
 - Mindfulness meditation
- Gratitude Letter
- Taking In The Good
- Nature
- Prayer
- Compassionate Community
- Movement



Gratitude Letter

- **Gratitude Letter to Yourself:**
 - What you did, how it made you feel, and the benefits you received.
 - Why this action is important to you.
- **Gratitude Letter to Another Person**
 - What they did, how it made you feel, and the benefits you received.
 - What this says about their character and how it benefits the relationship.



Improves emotional exhaustion, happiness, work/life balance

Gratitude at Work: Prospective Cohort Study of a Web-Based, Single-Exposure Well-Being Intervention for Health Care Workers (Adair, 2020)



Taking In The Good

1. At least 6 times a day, look for small, positive experiences and allow yourself to enjoy them
2. Really enjoy the experience for 20 to 30 seconds with all of your senses
3. Allow the good experience to sink into you with the intention that it is benefiting you

“Turns transient positive experiences into long-lasting neural structures”

Hardwiring happiness: The new brain science of contentment, calm, and confidence (Hanson, 2016)





**“Almost everything will work
again if you unplug it for a few
minutes, this includes you.”**

Anne Lamont



Self-Care Quickies

- Deep breathing
- Self-care mantra
- Music break
- Sing
- Read poetry
- Awareness break
- Gratitude break
- Drink water
- Take a walk
- Mindful tea/coffee
- Listen to music
- Aromatherapy
- Stand outside
- High-five a friend
- Savor future plans

BREAKING NEWS

October 26, 2008

Results confirmed that leisure satisfaction was significantly correlated with decreased burnout.




Subjects completed a demographic questionnaire, the Maslach Burnout Inventory (MBI), and the Leisure Satisfaction Scale (LSS). Relaxational leisure activities correlated significantly with decreased burnout, and psychological testing and report writing correlated significantly with increased burnout.

Journal of Counseling & Development

Arañez Litam, Ausloos, & Harrichand






“Any act done with intention that transforms meaning can be a ritual...They punctuate and mark significant events in our lives such as weddings, births, confirmations, graduations and deaths. Rituals provide order to the chaos of grief.”

Diane Snyder Cowan



The background of the slide features a stack of smooth, light-colored stones in the center, surrounded by several lit tealight candles in white holders. The scene is set on a light-colored, possibly marble, surface. The overall atmosphere is warm and contemplative.

Personally Meaningful Rituals Reduce Burnout and Increase Compassion Satisfaction

- Attending the funeral of patients
- Calling the bereaved to offer condolences
- Writing a poem or journaling
- Lighting a candle or saying a prayer
- Walking in a forest or near a beach
- Picturing the deceased and wishing them well on their “next journey”

Montross-Thomas (2016)





“It is worth considering that we should actively challenge the implication that providers who are in therapy are the ones who are impaired. In fact, **they are acting in their clients’ and in their own best interests.** We should be more concerned about health care providers who need help, but don’t seek it.”

Overcoming Compassion Fatigue: A Practical Resilience Workbook (Teater & Ludgate, 2019)



Compassionate Reflection and Self-Care for Grief Therapists

- Your emotions, personal narratives, and cultural influences influence the therapeutic relationship *and* moment-to-moment decision making.
- Compassionate Reflection weaves together three principles to help caregivers understand root causes of suffering and find effective self-care practices.
 - Self-Compassion (Neff)
 - Meaning-Making (Neimeyer)
 - IFS: Internal Family Systems (Schwartz & Sweezy)

(Krawchuck, 2023)





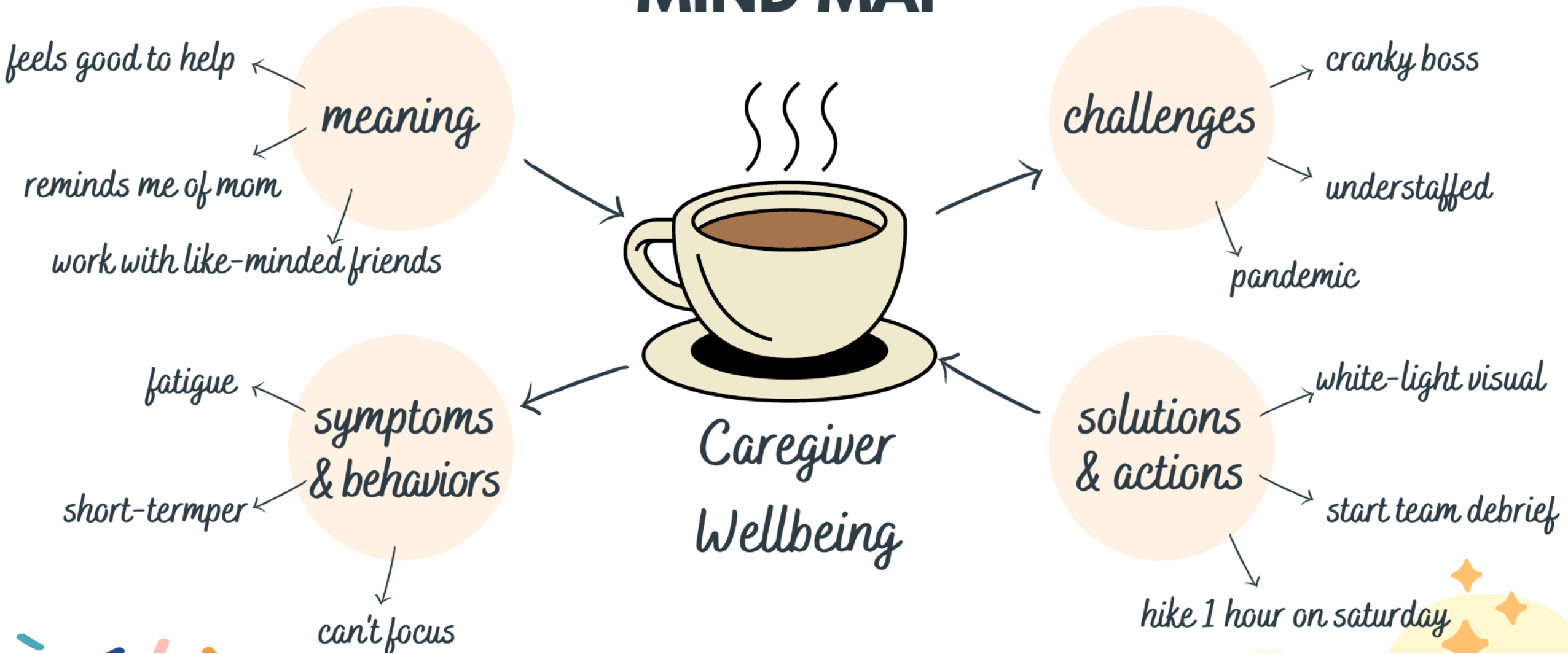
Feeling True Compassion

- 3 Stages of Compassion
 - Stress response
 - Compassionate action
 - The biological reward
- Clear Boundaries are the Key to a Truly Compassionate Exchange
- Our Intention for Service Impacts Our Physiological Resilience to Burnout & Stress

(McGonigal, 2012)



FILL YOUR CUP MIND MAP



Build Resilience Into Your Life

- ♥ The givens: sleep, nutrition, hydration, movement
- ♥ Schedule time to enjoy the people and animals around you
- ♥ Schedule alone time doing something pleasurable and/or creative
- ♥ Plan regular daily, weekly, & monthly self-care activities that you enjoy
- ♥ Know your “go-to” coping skills and practice as often as needed



Resources for Recovery

- Seek out a therapist or counselor who specializes in compassion fatigue or trauma (EMDR or Internal Family Systems)
- Communicate with your supervisor and/or team
- Put a regular wellbeing plan into place (self-care)
- Plan how to respond to stressors (coping skills)
- Bibliotherapy: Compassion Fatigue Workbooks
- **Ask for help**
- **Do not give up hope**





Organizational Support Barriers

- Unsupportive work environment (Stigma, Bullying, Busyness)
- Lack of planning for or prioritizing self-care
- Inadequate work/home boundaries
- Self-criticism and low self worth
- Ignoring support requests
- Poorly staffed/overworked






Organizational Support Principles

- Create a positive work culture
- Monitor & Assess Employee Wellbeing
- Formalize Peer Support
- Develop strong leadership and mentoring relationships
- Encourage work-life balance
- Offer training and education
- Promote self-care
- Provide emotional support
- Offer professional mental health support





“There are only four kinds of people in this world: those who have been a caregiver, those who are currently caregivers, those who will be caregivers, and those who will need a caregiver.”

Rosalynn Carter



Plan To Be Supportive

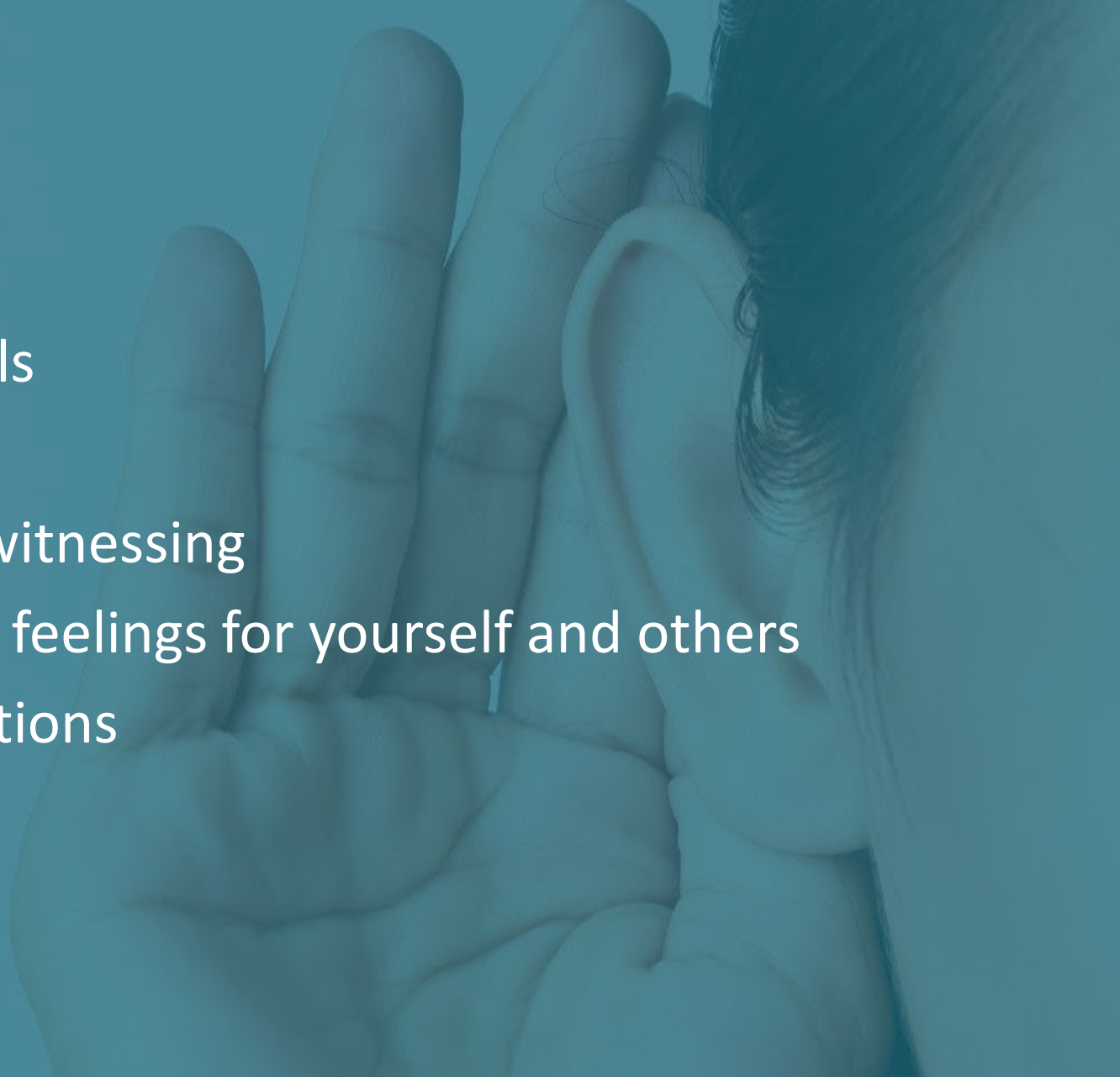
- Understand what self-care means and the real needs of your team
- Honestly assess organizational buy in and address resistance
- Create and encourage a range of self-care strategies
 - Inside Workplace
 - Regulate workload, Healthy teams, Laughter/Humor, Reflective practice
 - At Home
 - Rest and relaxation, Prayer/Spiritual practice, Leave work at work
- Regularly assess team and manage self-care barriers

<https://palliativecare.org.au/resource/resources-self-care-matters-practising-self-care/>



Listen Deeply

- Neutralize power differentials
- Know your own biases
- Engage the dual process of witnessing
- Be willing to receive difficult feelings for yourself and others
- Normalize and validate emotions
- Lean into silence



Debriefing

- What was happening?
- What was at stake?
- What did the experience feel like?
- What do you and/or your team do?
- What stuck with you?
- How can I help you talk about it?



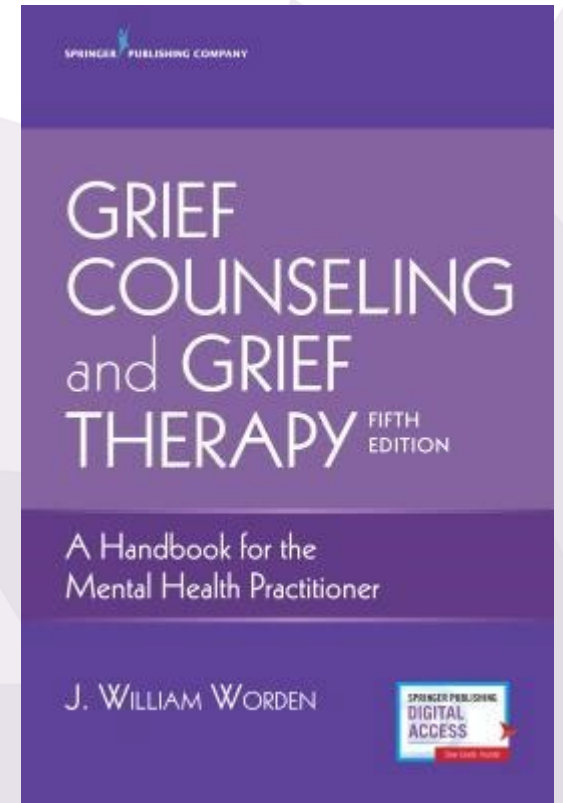
Meaning Reflection

- Recall how you felt about your relationship to your meaning at the beginning of this workshop.
- Reflect on what I said, what you thought, what you learned, what you already know, and your interactions with friends and peers.
- Consider what you learned from your Mind Map.
- What is one thing you can take with you to move you one step closer to your meaning?



Grief Counseling Principles & Procedures

- Principle 1: Help the survivor actualize the loss
- Principle 2: Help the survivor identify and experience feelings
- Principle 3: Assist living without the deceased
- Principle 4: Help find meaning in the loss
- Principle 5: Help find ways to remember the deceased

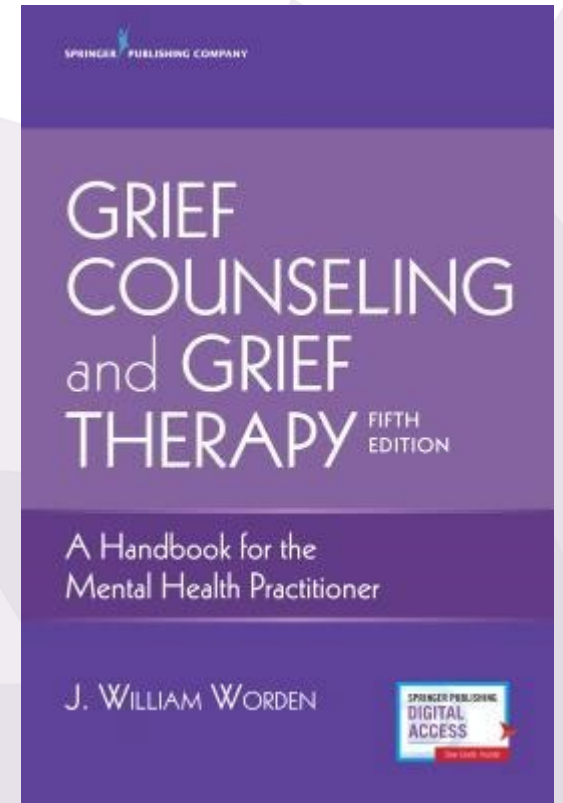


Worden (2008)



Grief Counseling Principles & Procedures

- Principle 6: Provide time to grieve
- Principle 7: Interpret *normal* behavior
- Principle 8: Allow for individual differences
- Principle 9: Examine defenses and coping styles
- Principle 10: Identify pathology and refer



Worden (2008)



Measuring the Process & Outcome of Grief Therapy

- Measures cannot replace live enquiries into the client's experiential world.
- Measures offer a tangible representation of theoretical concepts
- Intake measures can signal ways in which the therapeutic process can be tailored and provide an emotional buffer when gathering information on topics that can cause distress.
- Assessment measures can serve as supplements to the ongoing process of therapy, enabling grievors to articulate seeming ineffable, unacceptable, or avoided topics.

(Quoted from Milman, 2023, p. 293)



Assessing Bereavement

- **HGRC:** Hogan Grief Reaction Checklist (Hogan & Schmidt, 2015)
- **IDWL:** Inventory of Daily Widowed Life (Caserta et al., 2016)
- **ISLES:** Integration of Stressful Life Experiences (Holland et al., 2010)
- **MLC:** Meaning of Loss Codebook (Milman et. al, 2015)
- Grief and Meaning Reconstruction Inventory (Neimeyer et al., 2016)
- **PLSS:** Perceived Life Significance Scale (Hibberd, 2016)
- **ISS:** Inventory of Social Support (Hogan & Schmidt, 2016)



Assessing Bereavement

- **ICSG:** Inventory of Complicated Spiritual Grief (Burke & Neimeyer, 2016)
- **PGS:** Pandemic Grief Scale (Lee & Neimeyer, 2022)
- **TTBQ-CG31:** The Two-Track Bereavement Questionnaire for Complicated Grief (Rubin & Bar-Nadav, 2016)
- **PG-13-R:** Prolonged Grief Disorder Scale (Prigerson, 2021)
- Children and Grief Project Assessment Instrument (Worden, 1996)



Prolonged Grief Disorder

- Grief symptoms intensify chronically over time rather than abating.
- Increasingly debilitating.
- Griever is incapacitated by grief and daily function is impaired on a long-term basis.
- Disbelief regarding the reality of the death lingers.
- Imagining the deceased person is alive.

Shear (2015)

Slide Summary from Dr. Jill Harrington

For more information www.complicatedgrief.columbia.edu



Prolonged Grief Disorder

- Painful yearning for deceased.
- Intrusive images of the deceased.
- Desperate loneliness, anger, bitterness, death wish.
- Griever spends the majority of their time contemplating the death, longing for reunion, and is unable to adjust to life without the individual.
- The loss is not integrated.

Shear (2015)

Slide Summary from Dr. Jill Harrington

For more information www.complicatedgrief.columbia.edu





Rando's Six R's Of Coping With Grief

- **Recognize** the loss: Acknowledge the reality of the loss and allow yourself to feel the pain associated with it.
- **React**: Experience and express your emotions related to the loss, including sadness, anger, guilt, or confusion.
- **Recollect**: Remember the person who has died, and honor their memory through rituals, stories, or other activities that celebrate their life.
- **Relinquish**: Gradually let go of the old attachments to the deceased and the life you shared together. This does not mean forgetting the person, but rather accepting the new reality without them.
- **Readjust**: Adapt to the new circumstances in your life by developing new roles, routines, and relationships.
- **Reinvest**: Begin to move forward and reinvest in new relationships, goals, and life pursuits, while continuing to remember and honor the person who has died.



The Dual Process Model Of Coping With Bereavement



(Stroebe & Schut 1999)

Rather than facing the pain no matter how hard, or avoid pain altogether, skillful grief work empowers the bereaved to oscillate between tending to the pain and reengaging with life.



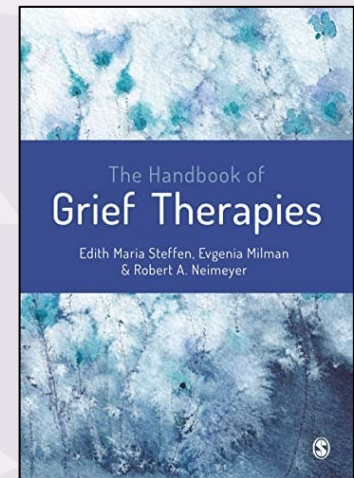
Meaning-Focused Grief Therapy

“People’s lives are inscribed by their experience. That lived experience gets compressed into stories, themes and identities, all of which scaffold and constrain the meaning of their lives....Grieving entails the reaffirmation or reconstruction of a world of meaning that has been challenged by loss.”

(Neimeyer, 2023, p. 65)

- Inquiry Examples

- “What will my life look like now?”
- “What did the deceased’s life mean”
- “How can I feel safe in a world such as this?”
- “Who am I *now* that this death has occurred“?”



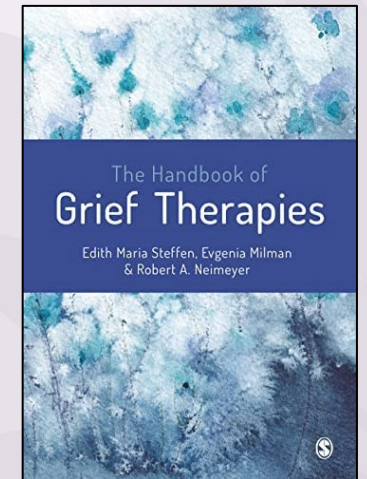
(Neimeyer, 2023, p. 65)



Attachment Informed Grief Therapy

“When an adult experiences a significant loss of a security enhancing relationship, their attachment system is active in the same way that a child’s attachment system is active when they are separated from their caregiver.”

- Psychoeducation about grief as an attachment loss
- Review of client's attachment history
- Strategies to strengthen emotion regulation
- Identifying and addressing anxiety and fear about the future

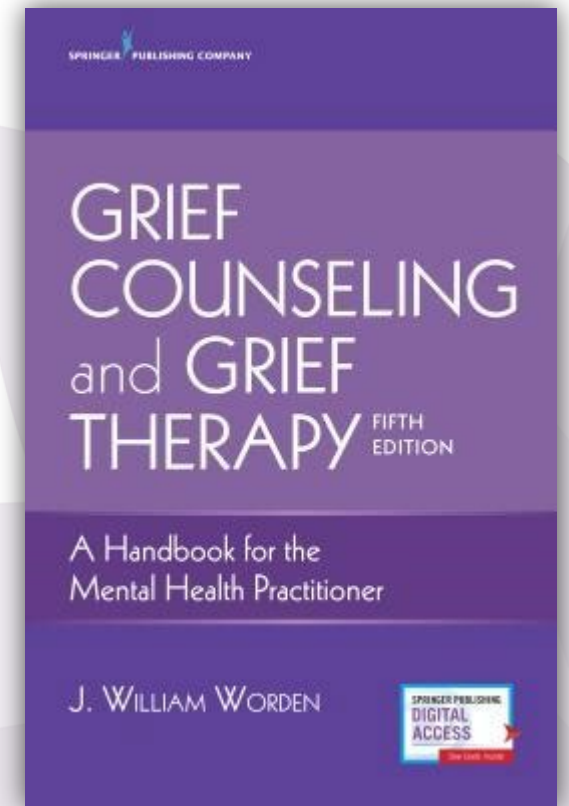


(Kominsky, 2023, p. 99)



Four Tasks of Mourning

1. To Accept The Reality of the Loss
2. To Process The Pain of Grief
3. To Adjust to a World Without The Deceased
4. To Find An Enduring Connection With the Deceased In The Midst of Embarking On A New Life



Worden (2008)



Established Grief Counseling Techniques & Practices

- Evocative language
- Use of symbols (a.k.a. artifacts)
- Writing
- Drawing
- Role Playing
- Cognitive Restructuring
- Memory Books
- Directed Imagery
- Metaphors

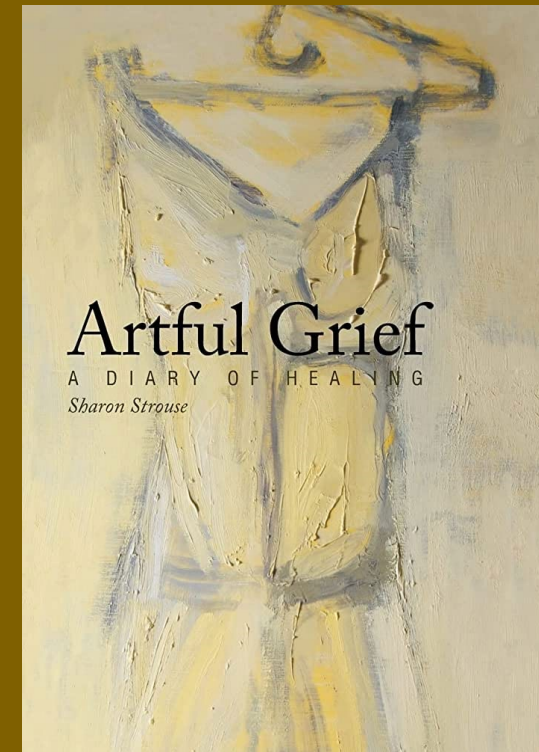
Worden (2008)



Art-Assisted Grief Therapy

- Embodied acts of doing that gives shape to what may be hard to communicate otherwise
- Sensory-motor aspect aids in self-regulation and staying within the window of tolerance
- Can be both soothing and emotionally evocative
- May create reflective distance
- Can foster an empathetic attunement and dialogue
- Can help clients get unstuck

(Strouse, 2023, pp. 162-163)



Superhero Grief

- Explores the transformative power of loss through the lens of the archetype of the superhero.
- Uses Marvel and DC universe to explore themes of loss, hope, and resilience.
- The shared experience of watching a movie can help family members, friends, or support groups, process their grief together.
- Accessible to a wide range of readers, including children and teenagers who might struggle with traditional self-help books or resources.

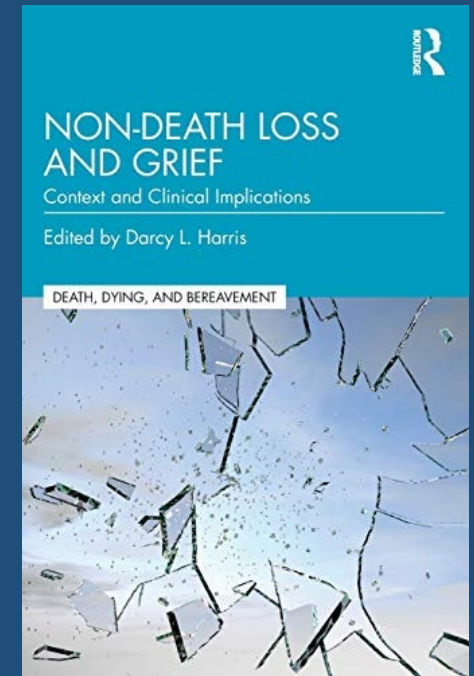


(Harrington, 2020)



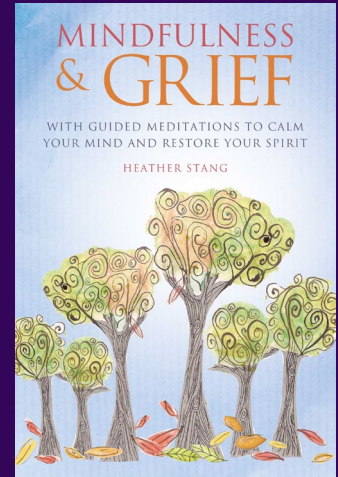
Non-Death Grief & Loss

- Living losses



Mindfulness-based Grief Therapy

- Mindfulness is an intentional, non-judgmental awareness of the present. It is also a style of meditation and an umbrella term for the *dharma*, the teachings of the historical Buddha (Kabat-Zinn, 2011).
- Mindfulness for grief can be traced back to the 5th century B.C.E. when Prince Siddhartha's mother died seven days after his birth.
- One does not need to be Buddhist to practice the techniques, and some people find lay terms more accessible, such as *open monitoring* instead of *mindfulness*, or *compassion* instead of *metta*.
- The Mindfulness & Grief System is a program that is grounded in thanatology, including Worden's (2018) Four Tasks of Mourning, and the Four Foundations of Mindfulness — body, feelings, mind, and *dhamma*, or mental processes — found in Buddhist psychology (Gunaratana, 2012).



(Stang, 2023)



The Mindfulness & Grief System



Conscious Relaxation

Self-care for Your Grieving Body



Mindfulness For Grief

Finding Peace in the Present Moment



Compassion For All

Care for Yourself & Others



Skillful Courage

Harness Your Strength & Vulnerability



Getting Unstuck

The Space You Need to Move Forward



Meaning Reconstruction

Cherish The Love That Remains



Allowing Transformation

Discover Your Authentic Self



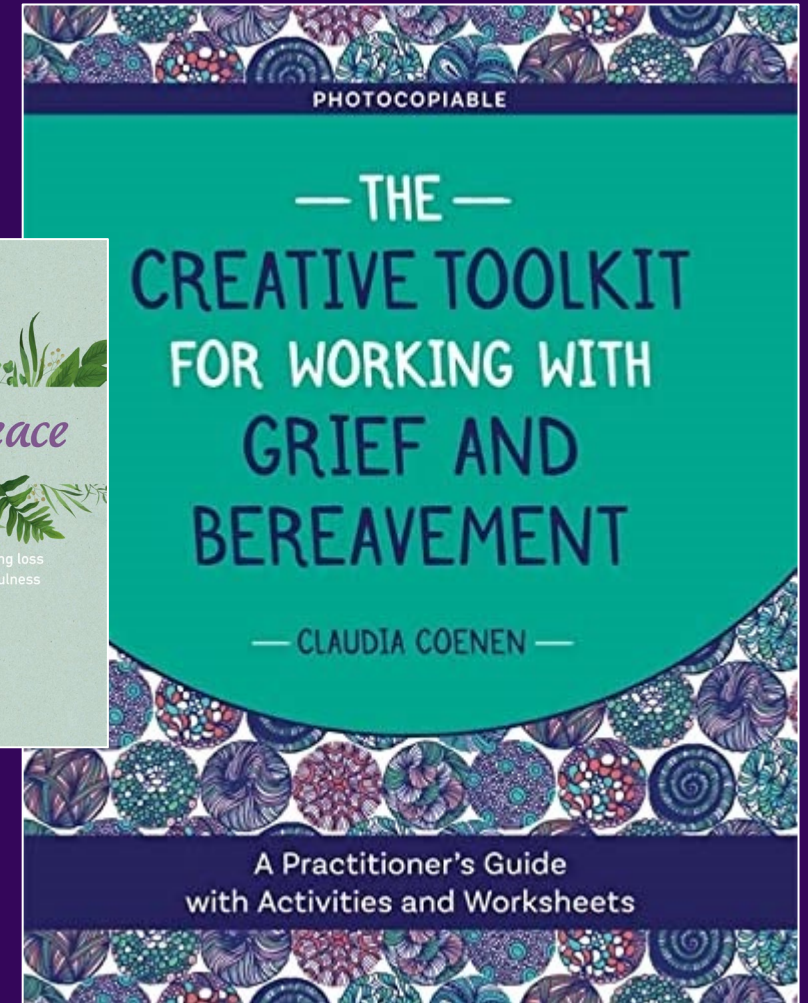
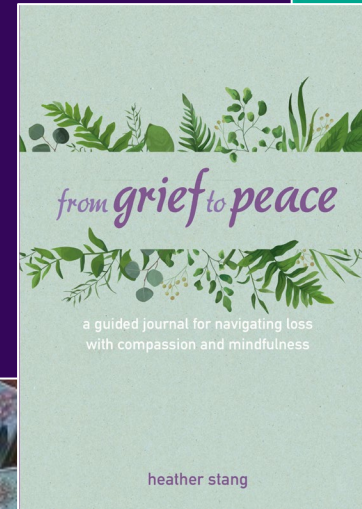
Perpetual Mindfulness

A Healthy Lifestyle for Grief & Beyond



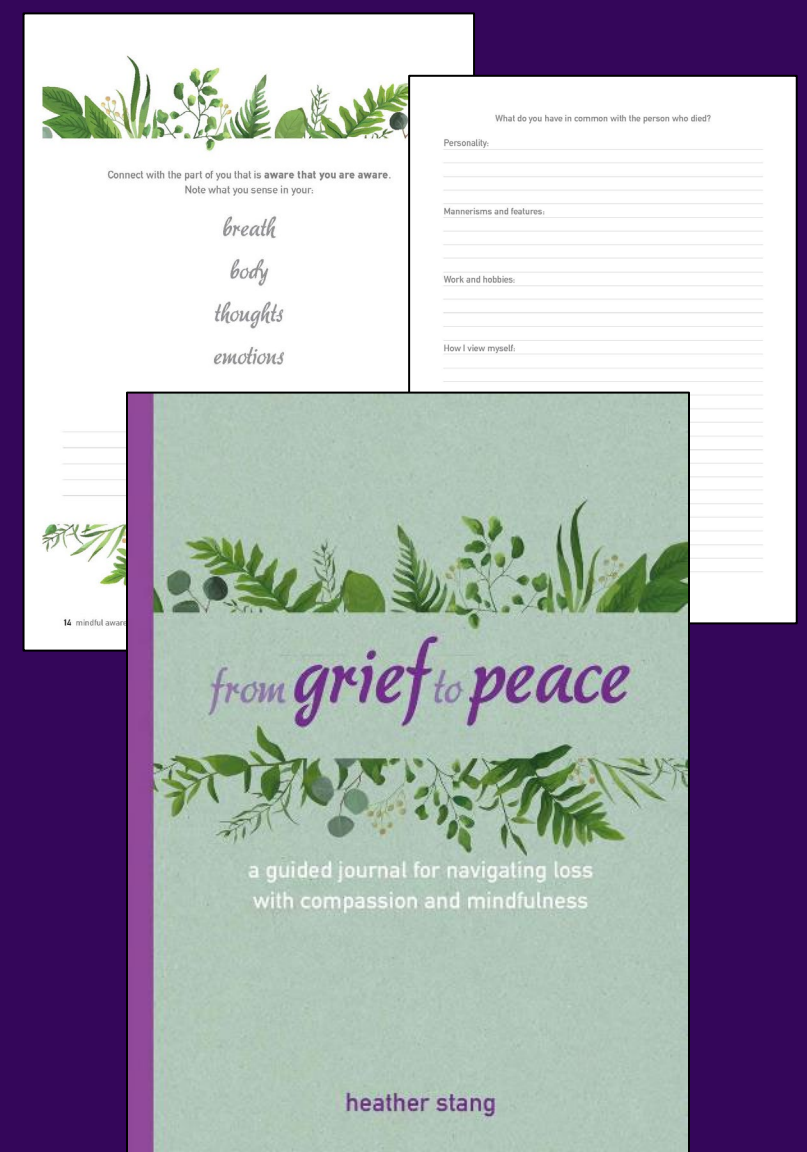
Creative Approaches

- Poetry
- Mind Map
- Music
- Visual Arts/Collage
- Crafts
- Worksheets
- Journaling



Journaling Tips

- There are no right or wrong answers
- Mindfully engage with your whole being
- Approach familiar subjects as if it were the first time
- Walk up to the edge, but don't fall over
- Seek out physical and emotional support as needed
- If you are using a guided journal, go through in order — or don't
- Bonus Tip: Make it a habit by linking it to a regular activity



From Grief To Peace (Stang, 2021)





Continuing Bonds

- ♥ Daily Rituals
- ♥ Life Imprint Meditation
- ♥ Planning for Special Days
- ♥ Say Their Name



THERE ARE NO PASSIVE STAGES OF GRIEF.

There are things you can do
that move you forward.

AWAKEN



TIME DOES NOT HEAL ALL WOUNDS.

It is what you do with
your time that matters.

AWAKEN



TOXIC POSITIVITY HELPS NO ONE.

Compassion is the
greatest healer of all.

AWAKEN



**TALKING ABOUT THEM DOESN'T
MAKE GRIEF WORSE.**

It fosters a healthy continuing bond.

AWAKEN



YOU DON'T NEED TO BE STRONG.

Self-compassion will balance your
courage and vulnerability

AWAKEN



YOU DON'T NEED TO GET OVER IT.

**You'll learn how to live your life
in a meaningful way.**

AWAKEN





Developing a Compassion Fatigue Prevention Toolkit

- What would go in that toolkit?
- What are my warning signs – on a scale of 1 to 10, what is a 4 for me, what is a 9?
- Schedule a regular check in, every week – how am I doing?
- What things do I have control over?
- What things do I not have control over?
- What stress relief strategies do I enjoy? (taking a bath, sleeping well or going for a massage)

(Mathieu, 2007)



COPING MECHANISM REVIEW

Coping strategies are the efforts you put forth to manage difficult emotions. Some are adaptive and helpful while others are not. Keep this paper handy throughout the week and record what you witness – without judgement. You may also fill in rows with coping methods of which you are already aware. Use the last column to assess whether the coping mechanism is skillful or unskillful.

When I feel....	My body feels....	My emotions are....	My response is to act/ behave/ do/....	Skillful/Unskillful

COPING SKILLS MAKEOVER

For each unskillful coping mechanism listed, choose out a skillful response you can replace it with:

When I feel _____ I can choose to _____.

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When I feel _____ I can choose to _____.

When I feel _____ I can choose to _____.

When I feel _____ I can choose to _____.

Coping Mechanism Review

- **When I feel...** Belittled
- **My body feels...** Like my chest is imploding, my face gets hot, my fists tighten
- **My emotions are...** Hurt, shame, rage
- **My response is to...** Fall into a shame spiral that leads to drinking and overeating
- **Skillful/Unskillful...** Understandable, but unskillful



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COPING SKILLS MAKEOVER

For each unskillful coping mechanism listed, choose out a skillful response you can replace it with:

- When I feel _____ I can choose to _____.
- When I feel _____ I can choose to _____.
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- When I feel _____ I can choose to _____.
- When I feel _____ I can choose to _____.

Coping Skills Makeover

- **When I feel...** Belittled
- **I can choose to...** Treat myself with self-compassion, Shift my posture, Be assertive and advocate for myself



MY SELF-CARE ACTIVITIES

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Your Self-Care Activities

Daily activities usually take only a few minutes of your time:

- Meditation, prayer, gratitude practice
- Mindfully petting your companion animal
- Movement & exercise

Weekly activities usually involve a little more preparation or time:

- Hiking or playing a sport
- Therapy and support groups
- Yoga and meditation class

Monthly activities usually include distance, duration, and cost

- Massage and body work
- Visiting an art gallery or concert
- Screen Free Day



Workshop Objectives

MORNING

- Describe the symptoms and remedies for work-related stress including burnout, compassion fatigue, and vicarious trauma
- Apply self-care and meaning reconstruction techniques to improve caregiver wellbeing and efficacy.
- Develop an institutional support program to foster professional health, education, and wellbeing.
- Reconnect with your personal mission of service.



Workshop Objectives

AFTERNOON

- Explore established and emerging grief therapies to help bereaved people cope with and skillfully adapt to life after loss.
- Identify the symptoms of prolonged grief disorder and know when to refer.
- Administer task-appropriate interventions that foster resilience, continuing bonds, and meaning reconstruction.



SHAMELESS [BUT HELPFUL] SELF-PROMOTION

Please consider joining me in Awaken Pro...
plus check out my books and aromatherapy diffusers.

Stay in touch. Have hope.

AWAKEN

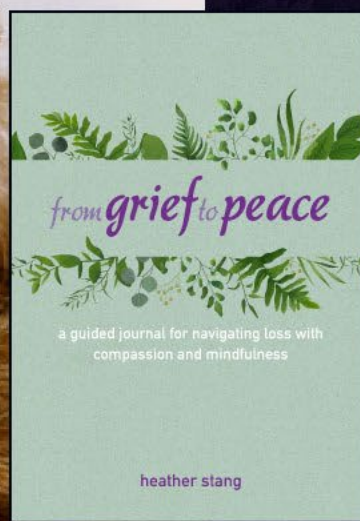
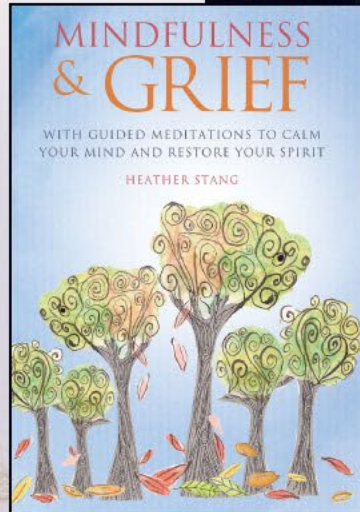




MINDFULNESS
& GRIEF
INSTITUTE



AWAKEN
meditation for grief & online support



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