

THE WEIGHT OF GRIEF: UNDERSTANDING AND MOVING FORWARD

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There is no Timeline in Grief

The following may be helpful in understanding where you or someone you care about is in their process.



Anticipatory Grief

Grief before death or loss

Acute Grief

When it just happened

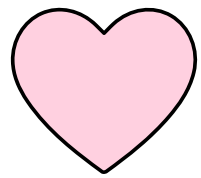
Early Grief

The first two years

Mature Grief

The rest of our lives

GRIEF IS WHAT IS GOING ON
INSIDE US, WHILE MOURNING IS
WHAT WE DO ON THE OUTSIDE



Grief is an internal process that involves a transformation or rebuilding of everyday life following a loss. This process does not adhere to any specific dimensions or conclude on a predetermined date. Rather than something we merely get through, grief is an experience we learn to grow around, integrating it into our lives over time.

WHEN PEOPLE ARE
MOURNING, WE CAN'T
JUDGE THEIR GRIEF
BASED ON WHO IS
CRYING THE MOST

Types of Grief

Delayed

Disenfranchised

Ambiguous

Inconclusive

Complicated

Collective and
Public

Traumatic

Cumulative

Secondary
Loss

Anticipatory

We often hear about stages of grief

The most commonly referenced are from the work of Elisabeth Kubler Ross

The five stages of grief by Elisabeth Kübler-Ross provide a framework for understanding the emotional journey after a significant loss:

- Denial - The initial refusal to accept reality, acting as a buffer against shock.
- Anger - As denial fades, anger emerges, often directed at oneself, others, or the situation.
- Bargaining - Attempts to negotiate or make deals to reverse or lessen the loss, seeking control.
- Depression - Deep sadness and reflection on the loss, a necessary part of healing.
- Acceptance - Coming to terms with the loss, ready to move forward, not necessarily with happiness.

These stages aren't linear; individuals may experience them in various orders or revisit stages repeatedly. There is no checklist we work through or timeline we adhere to.

LET'S EXPLORE THE NEEDS OF THE GRIEVING

- ♥ To have your pain witnessed
- ♥ To express your feelings
- ♥ To release the burden of guilt
- ♥ To be free of old wounds
- ♥ To integrate the pain and the love
- ♥ To find meaning in life after loss

FINDING MEANING

Meaning comes through finding a way to sustain love for the person after their death while moving forward in life. Hope has a very close relationship with meaning. In the same way our meaning changes so does our hope

Meaning is relative and personal

Meaning takes time. We may not find for months or years after loss

Meaning does not equal understanding. When we find meaning in loss, it does not mean we understand why someone died

Meaning does not negate loss. Your loss is not a test, a lesson, something to handle, a gift, or a blessing. Loss simply happens in life

Only you can find your own meaning. Create meaning that remembers the loss and honours the life

Meaningful connections will replace painful memories

BEING A CHANGE MAKER

We all carry the power to be change makers in our lives and workplaces. By acknowledging for ourselves our own unique experiences in grief we can be leaders in change happening. Like throwing a stone into a pond, the ripple extends outwards often reaching further than we may have imagined. Possibility exists when we stand in the truth of our individual experiences.



THANK YOU FOR SHARING YOUR VALUABLE TIME

My hope is that you take something from
this conversation that may ease your walk
with grief

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