

# COPING WITH GRIEF AND LOSS

A Stay Well Workshop Series

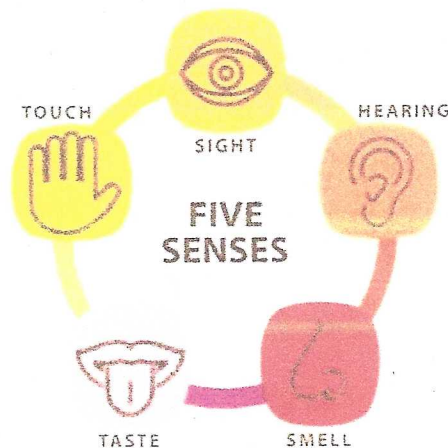
## Workbook and References

Please find included within this workbook tools you can use while attending the Coping with Grief Loss Workshop or use these materials independently.

1. Grounding Exercise
2. Stages of Grief
3. Grieving Process
4. Situation Snapshot (Formulation Worksheet)
5. Feelings Wheel
6. Identifying Difficult Times
7. Relaxation Techniques
8. Thinking Styles
9. Self-care Plan
10. Additional Resources

## “54321” Grounding Exercise

- Name 5 things you can see in the room with you.
- Name 4 things you can feel (tactile; e.g. “chair on my back” or “feet on floor”)
- Name 3 things you can hear right now
- Name 2 things you can smell right now
- Name 1 you can taste or 1 good thing about yourself



\*\*\*Additional grounding techniques can be found in the appendix on pages 57 & 58\*\*\*

# The Stages of Grief

The Kübler-Ross model of grief (the five stages of grief) describes five primary responses to loss. These stages are denial, anger, bargaining, depression, and acceptance. Someone who is grieving may go through these stages in any order, and they may return to previous stages.

**Denial:** "This can't be happening."

Individuals may refuse to accept the fact that a loss has occurred. They may minimize or outright deny the situation. It is suggested that loved ones and professionals be forward and honest about losses to not prolong the denial stage.

**Anger:** "Why is this happening to me?"

When an individual realizes that a loss has occurred, they may become angry at themselves or others. They may argue that the situation is unfair and try to place blame.

**Bargaining:** "I will do anything to change this."

In bargaining, the individual may try to change or delay their loss. For example, they may try to convince a partner to return after a breakup, or search for unlikely cures in the case of a terminal illness.

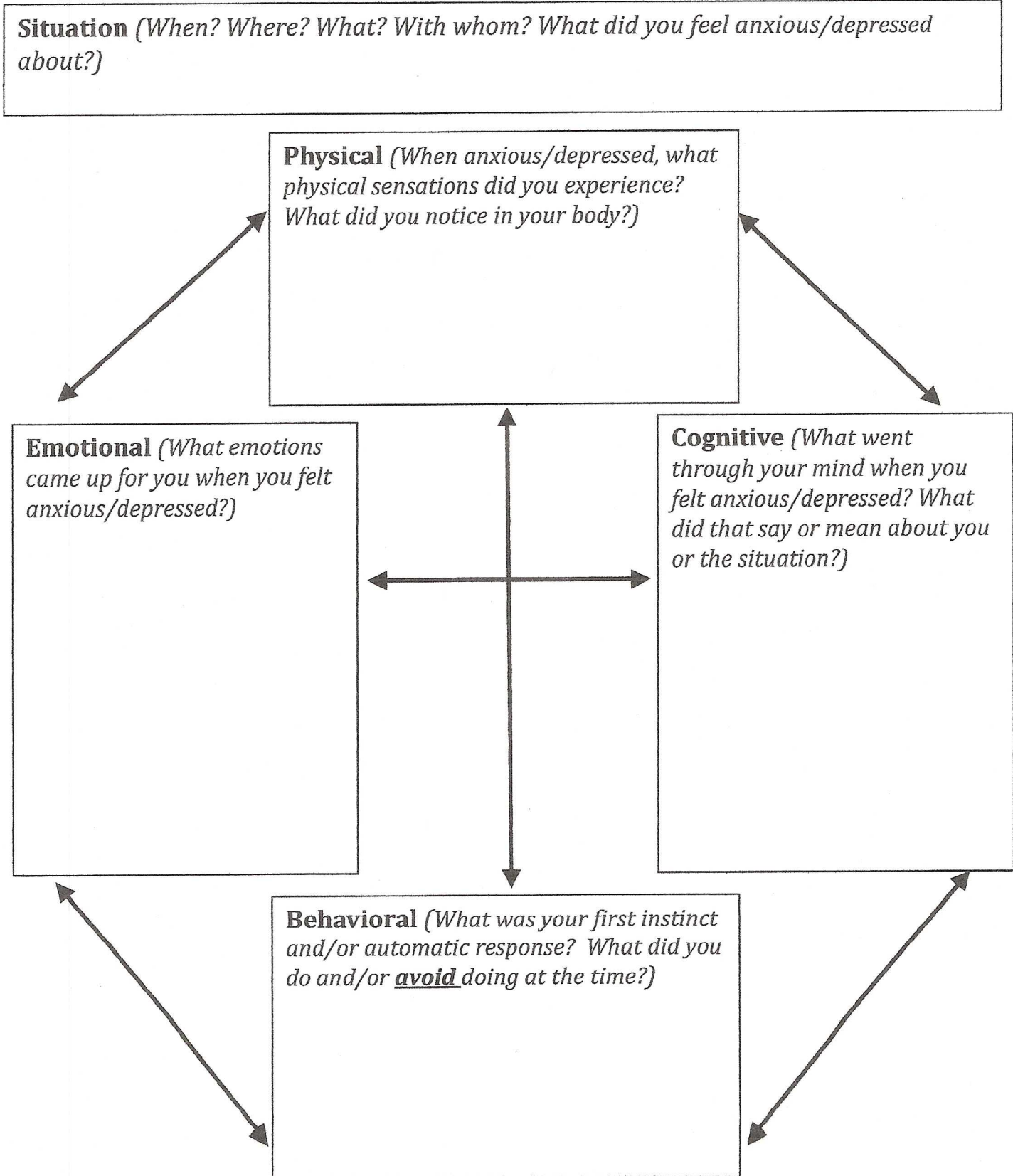
**Depression:** "What's the point of going on after this loss?"

At the stage of depression the individual has come to recognize that a loss has occurred or will occur. The individual may isolate themselves and spend time crying and grieving. Depression is a precursor to acceptance because the individual has come to recognize their loss.

**Acceptance:** "It's going to be okay."

Finally, the individual will come to accept their loss. They understand the situation logically, and they have come to terms emotionally with the situation.

# Cross Sectional Formulation

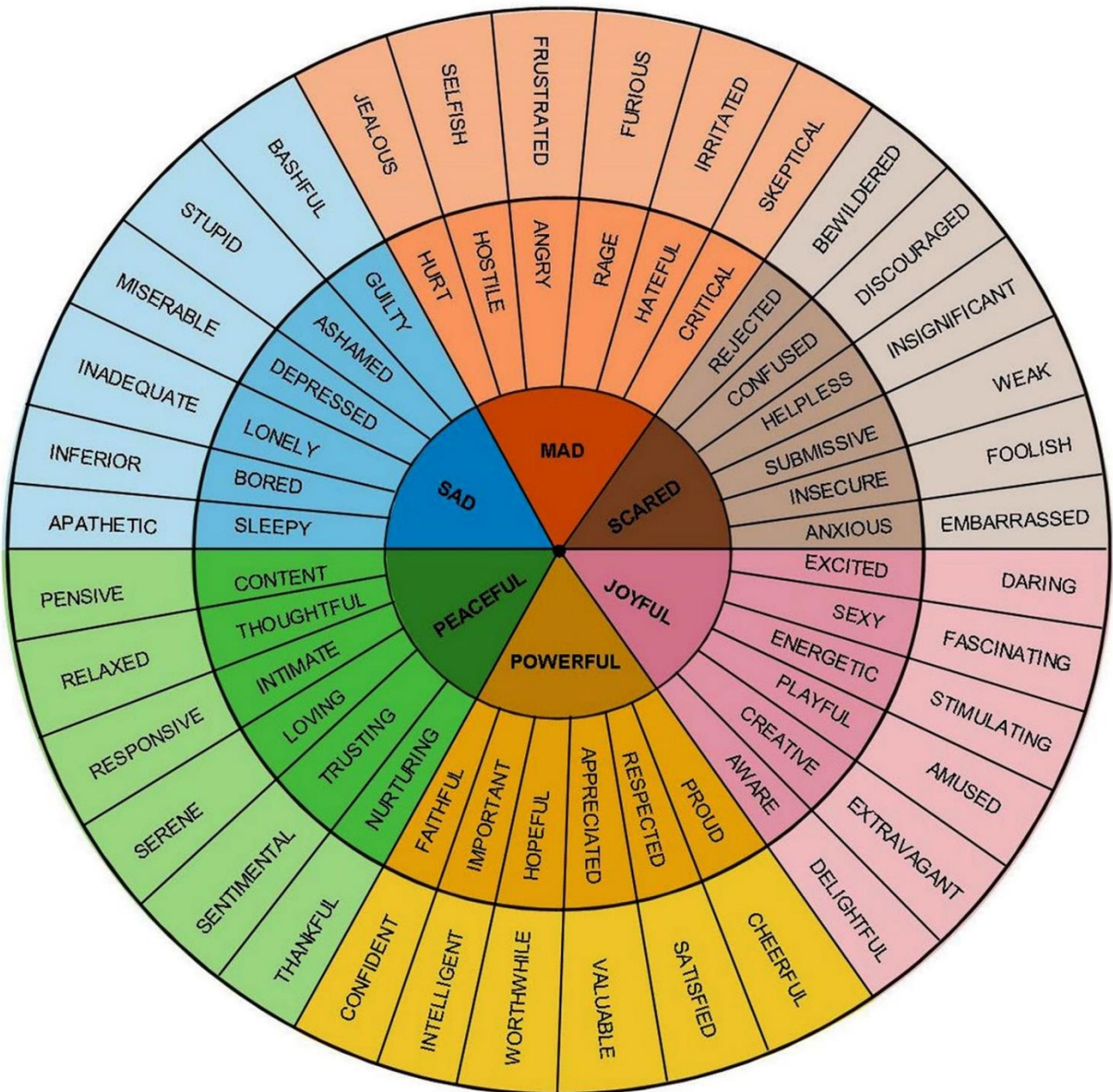




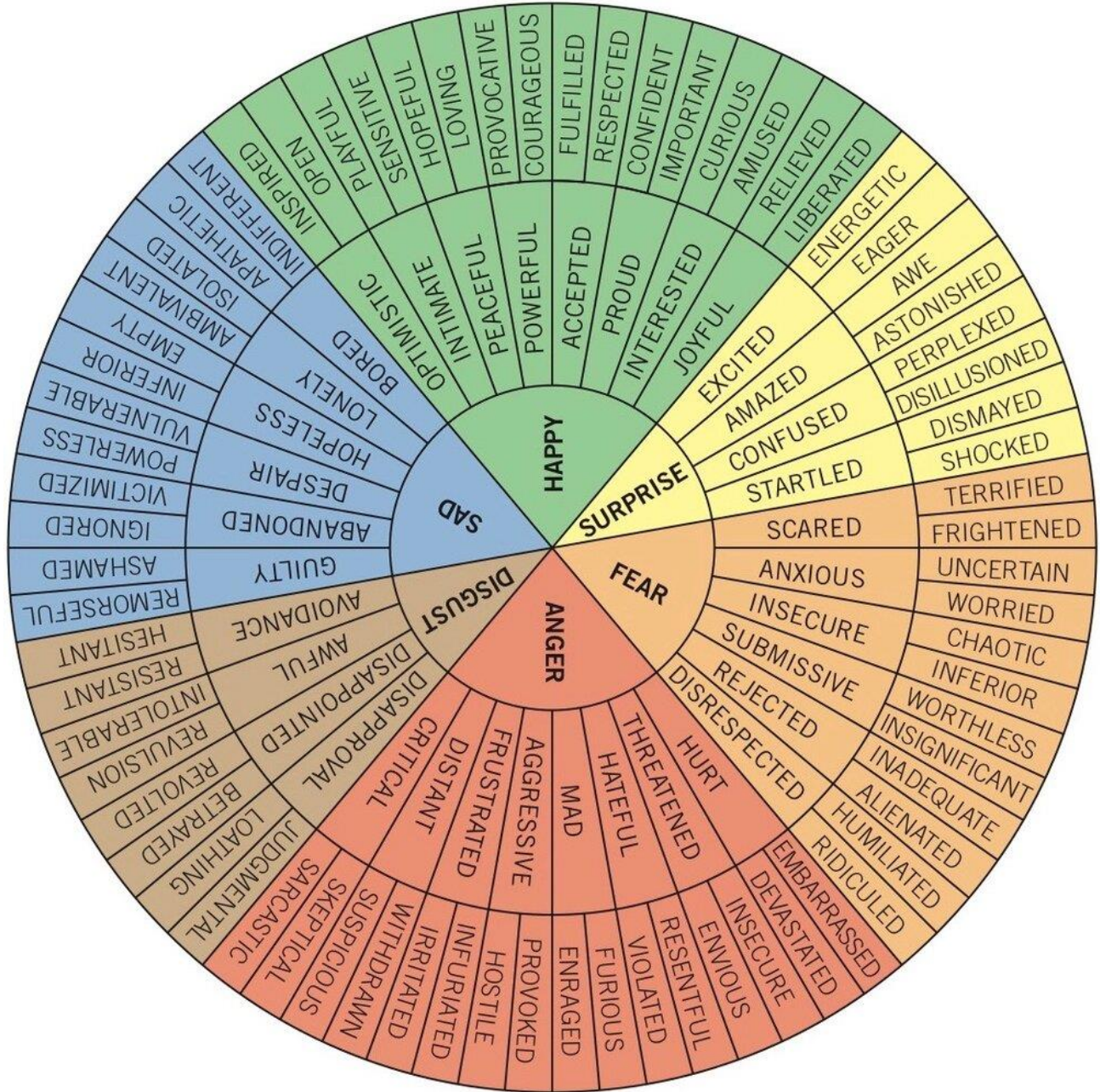
# FEELINGS WHEEL

## A TOOL FOR UNDERSTANDING EMOTIONS

The Feelings Wheel can help people recognize and communicate what they are feeling. The inner circle is labeled with names of primary feelings (mad, sad, scared, joyful, powerful, and peaceful). The outer rings contain names of secondary feelings related to the primary ones. Use the Feelings Wheel to describe how you're feeling.







# WORKSHEET 1: IDENTIFYING DIFFICULT TIMES

Below are some examples of times bereaved people find difficult. Think about how you feel on these days, and add others if you wish. Using the scale below, rate how difficult you expect each day to be and make notes about why.

0 Not at all                      1 A Little                      2 Somewhat                      3 Definitely                      4 Extremely

Event	Date	Rating	Notes
1. Anniversary of the death			
2. Birthday of the person who died			
3. Your Birthday			
4. Other Birthdays			
(note whose it is)			
a.			
b.			
c.			
5. Wedding anniversary of the person who died			
6. Holidays (Specify which ones)			
a.			
b.			
c.			
Other difficult times			
a.			
b.			
c.			
d.			




**Short Relaxation Techniques: When you only have a few minutes**

Correct Breathing	Learn to always breathe using the diaphragm. Let the breath reach the bottom of the lungs, and let the chest and shoulders relax. High, shallow chest breathing is stressful and gives messages of stress to the brain.
Three-Part Breathing	Take a deep breath and imagine the lungs divided into three parts. Visualize the lowest part of the lungs filling with air; the chest should remain relatively still. Imagine the middle part of the lungs filling; visualize the rib cage expanding. Visualize the upper part filling with air as your shoulders rise slight and over backward. Exhale fully and completely; drop your shoulders, feel your rib cage contract, and force every bit of air from the bottom of the lungs. Repeat.
Stretching	Gently roll your head and shoulders many times a day. Also, gently stretch other areas of the body that may need it.
Tense-Relax Muscles	Tighten the muscles you want to relax and feel the tension. Let the muscles become loose and limp and feel the relaxation.
Body Scan	With your mind, briefly scan every muscle in your body from your toes to your head. Release any tension with a relaxing breath. Correct your posture and relax all the muscles you are not using.
Jaw Drop	Be aware of any tightness in your jaw. Allow your jaw to loosen by separating your teeth.
Heaviness and Warmth in Hands & Arms	Relax your body and feel heaviness in your arms and hands. Imagine a warmth flowing through them. Imagine and experiences your shoulders, arms, and hands becoming heavy, relaxed, and warm.
Mind-Quieting Meditation	Begin by focusing on your breathing. Use a special phrase that helps you focus on relaxation, and quiet your mind.
Attitudes & Perceptions	Pay attention to your perceptions and attitudes. Allow yourself to put a stress-reducing "frame" around the stressor. Remember, stress affects the body based on your perceptions of the outside world.



# Unhelpful Thinking Styles

**All or nothing thinking**



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

**Over-generalizing**

"nothing good ever happens"

"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

**Mental filter**



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

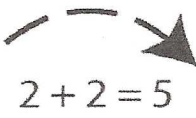
**Disqualifying the positive**



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*


**Jumping to conclusions**



There are two key types of jumping to conclusions:


- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

**Magnification (catastrophizing) & minimization**



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

**Emotional reasoning**



Assuming that because we feel a certain way what we think must be true.

*I feel embarrassed so I must be an idiot*


**should**

**must**

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

**Labeling**



Assigning labels to ourselves or other people

*I'm a loser*

*I'm completely useless*

*They're such an idiot*

**Personalization**

**"this is my fault"**

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Parallel

·Wellness·

## Self-Care Plan

*Let's make a plan for better self-care! List activities that you can participate in for each domain.  
Allow this to be a reference for your daily and on-going self-care.*

Spiritual	Social	Physical
Practical	Emotional	Mental

# Resources

## Online Resources

- Mayo Clinic Stress Reduction Website
- <http://www.mayoclinic.com/health/mindfulness-exercises/MY02124>
- Meditation Oasis [www.meditationoasis.com](http://www.meditationoasis.com)
- Mindful [www.mindful.org](http://www.mindful.org)
- Mindfulness Research Guide <http://www.mindfulexperience.org/>
- UCLA Mindful Awareness Research Center- Guided Meditations
- <http://marc.ucla.edu/body.cfm?id=22>

## Apps for your Smartphone, Tablet, or Computer

- ACT Coach
- Breathe2relax
- Breathing techniques by Hemalayaa CBTi-Coach
- Mindfulness Coach
- Mindshift
- T2 Mood Tracker
- Take a break!
- 1Giantmind