



WHEN GRIEF BECOMES COMPLICATED

2021



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*Sometimes crying is the only way
your eyes speak when your mouth
can't explain how broken your heart
is.*

Anonymous

LEARNING OBJECTIVES

- Define Grief And What Influences Grief
- Symptoms Of Grief
- When Grief Becomes Complicated
- Grief, Loss, And Change As A Volunteer
- Self Care
- Effective Communication



DEFINING GRIEF



Grief is the process of reacting to all of the losses that occur in one's life experience

Grief is both an individual and shared experience

Grief is an emotional, social, spiritual, and physical response to change and loss.

FACTORS OF GRIEF



SYMPTOMS OF GRIEF

Emotional

- Anger
- Anxiety
- Insecurity
- Fears
- Lack of Feelings
- Sadness
- Depression
- Loneliness
- Mood Swing

Physical

- Stomach Aches
- Headaches
- Fatigue
- Appetite Changes
- Sleep Disturbances

Spiritual

- Questions About Faith, Meaning Or The Afterlife
- Feeling Lost Or Abandoned
- Feeling The Presence Of God In Your Life

Psychological

- Difficulties with Concentration
- Low Self Esteem
- Forgetfulness
- Confusion
- Guilt Feelings

Social

- Increased Conflict With Others
- Withdrawn
- Change in Extra-curricular Activities



TYPES OF GRIEF

Anticipatory Grief

- This grief takes place when you are aware that you will suffer an imminent loss, but it hasn't taken place yet. In anticipatory grief the feelings tend to be much more ambivalent and unstable. Since the person is still around, the mourners will alternate between closeness and distance. They want to feel the presence of that person for the last time. But at the same time, they fear the attachment that this generates. In these cases, the best thing to do is express your feelings openly and directly with the person that will be departing.

Absent Grief

- This is a kind of grief in which the person affected blocks their feelings. They try to act as if nothing is happening. This type is a mechanism of denial. The impact is so strong, that the person doesn't feel capable of confronting it. That's why they focus on other aspects of their life. The problem is that the hidden sorrow always returns.

Chronic Grief

- Chronic grief presents itself when someone fails to work through the loss of a loved one. One way or another, they refuse to accept what has happened. Instead, they focus obsessively on keeping alive the memory of the person that has departed. They end up paralyzing their life and constantly maintaining a stance of pain. People with depressive tendencies are more likely to settle into this type of grief, which can also turn into a way of life. It is characterized by anxiety, sadness and guilt, as well as a sensation of impotence and disillusion. This type of grief requires professional help.

TYPES OF GRIEF

Delayed Grief

- This is, usually, an effect of absent grief. Although at first the person tries to ignore their pain, after a while, it reemerges with great force and maybe in the least expected moment. Sometimes several years can even go by before this type of mourning begins. It could also happen that someone can't experience grief in the moment in which they experience the loss, due to special conditions. In any case, the inhibition translates into obsessions, constant depression, anxiety, etc.

Unauthorized Grief

- In unauthorized grief, the environment or the person's surroundings manifest a rejection towards the pain they are experiencing. However, there are specific situations in which mourning is openly disowned from the very beginning. For example, when a man or woman who was involved in an extramarital relationship dies. The lover "has no right" to express their sorrow. Sometimes this can also apply to the death of a pet. Since it generates a great deal of pain, but others will tend to disqualify that type of suffering. Work commitment or a pressing family situation. The postponed pain appears later on and presents some complications since, now, it has to be experienced alone.

Inhibited Grief

- This type of grief is experienced by people who have great difficulty expressing their feelings. In the case of children, for example, who can't seem to put into words everything that this situation represents. In many occasions, adults ignore their pain and don't help them overcome it. Adults simply think that "children just don't understand".

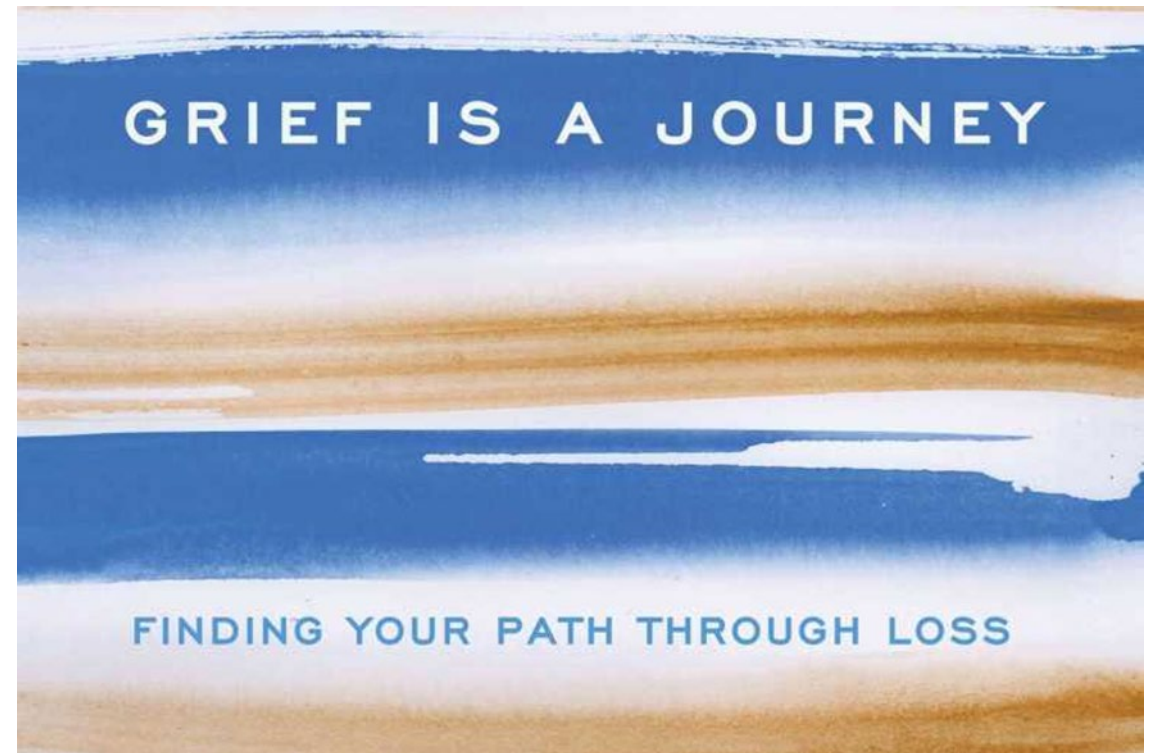
WHEN GRIEF BECOMES COMPLICATED

Consequences of Unresolved Grief

- **Depression/Anxiety**
- **Cardiovascular risks**
- **Substance abuse**
- **Decline in health – insomnia, fatigue, recurring illness**
- **Decreased workplace productivity**
- **Developmental challenges for children**
- **Marital discord**
- **Suicide**
- **Financial losses**

GRIEF , LOSS,AND CHANGE AS A VOLUNTEER

- As a volunteer- you will also experience grief and loss as you start working with our Hospice Families.
- Take care of your self and take the time you need to carry on.



GRIEF , LOSS,AND CHANGE AS A VOLUNTEER: SELF CARE



- Practicing self-care can be a critical method addressing volunteer grief, loss, and change
- A good self-care regimen will look different for each person, but it should generally include:
 - Balanced, nutritious diet
 - Regular exercise
 - Routine schedule of restful sleep
 - Balance between work and leisure
 - Honoring emotional needs
 - Engage in hobbies
 - Cultivate healthy friendships
 - Keep a journal
 - Boost your resiliency
 - Open discussion with volunteer coordinator
- Take care of your self and take the time you need to carry on.

GRIEF , LOSS, AND CHANGE AS A VOLUNTEER: GOOD COMMUNICATION



- It is important to talk to your Hospice Team Members or Volunteer Coordinator about any concerns you may have.
- During this difficult and stressful time it is important that caregivers take care of themselves while caring for the person who is dying.
- Know that we are always here to support and listen to you!



WE are in this together!

Please complete the evaluation.

Send an email to the volunteer coordinator if you have any questions.

