

# 5 Stages of Grief: a new way of being

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*Presented by*

LT Erik Neider, TRACEN Petaluma Command Chaplain and Ms. Lena Gavello, District 11 Employee Assistance Program Coordinator

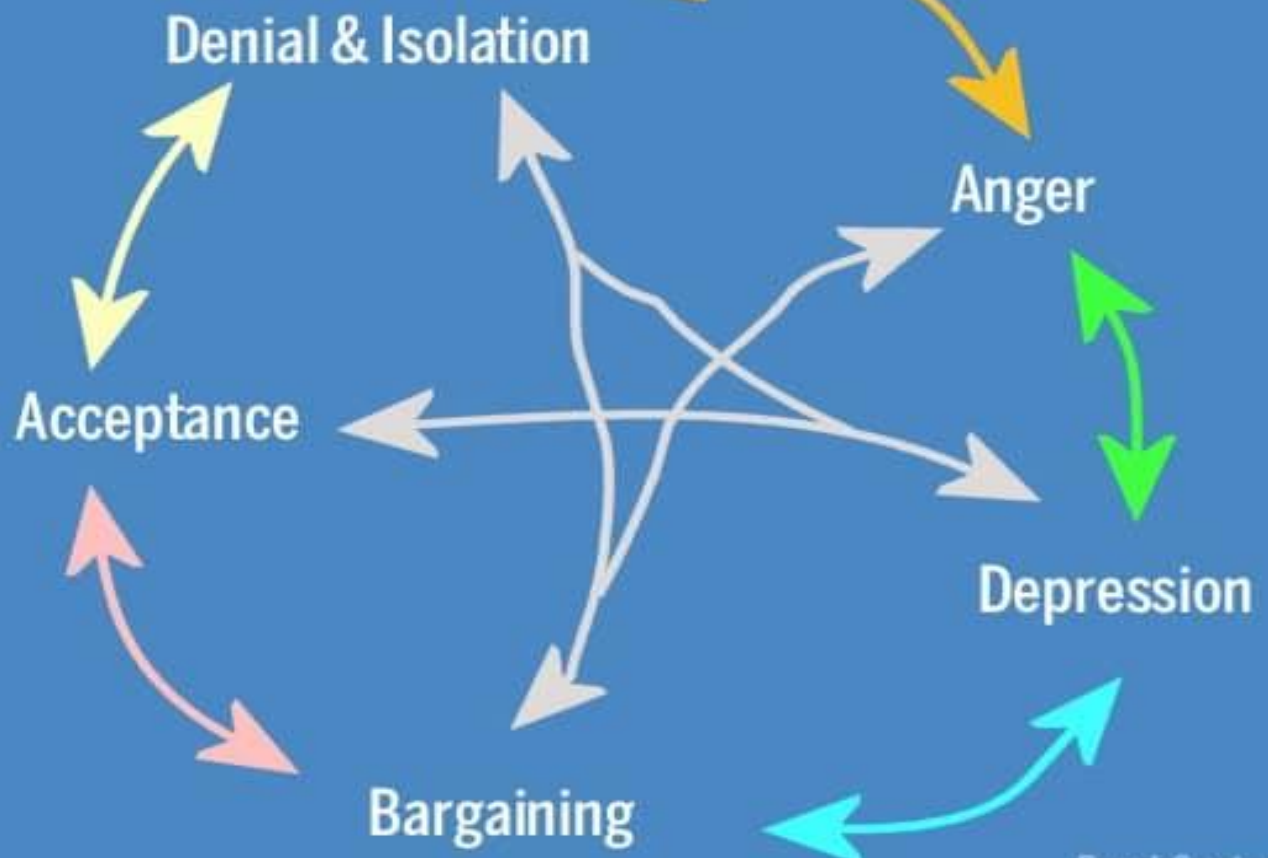
# Grief



# The five stages of grief were first outlined by Dr. Elisabeth Kubler-Ross:

- Denial: You cannot believe your loved one has really passed away.
- Anger: You're mad, perhaps at everyone, perhaps even toward the deceased for having died.
- Guilt: Perhaps over what was said or not said before your loved one passed away.
- Bargaining: You think you should have died instead, or that if you're a better person in the future no one else will die.
- Acceptance: While you still hurt, you find a balance in life.

# 5 Stages of Grief





Norris Cotton Cancer Institute at Dartmouth-Hitchcock Medical Center, advises that you may also experience:

- Lose your appetite
- Feel aches and pains
- Sleep too much or not enough
- Feel melancholy or hopeless
- Feel angry at yourself and your loved ones
- Feel guilty for things left unsaid and undone
- Feel unable to concentrate



# Things that may help:

- Solitude if you need time alone to experience your grief
- Time with friends and family
- Accepting help with paperwork, chores, etc
- Seeking spiritual support
- Getting adequate rest
- Sticking to routines
- Enjoying nature, such as walks outside or having some plants brought indoors
- Listening to music
- Creativity, such as writing, drawing, painting, handcrafts



# 6 Daily Helpful Steps:

- 1. What am I GRATEFUL for today?
- 2. Who am I CHECKING IN ON or CONNECTING WITH today?
- 3. What expectations of “normal” am I LETTING GO of today?
- 4. How am I GETTING OUTSIDE today?
- 5. How am I MOVING MY BODY today?
- 6. What BEAUTY am I either creating, cultivating, or inviting in today?