



Handling Grief

Striking a
BALANCE
CAREGIVER CONFERENCE



Dr. Eboni Green

Dr. Eboni I. Green is a
Registered Nurse and Family
Caregiver.

Dr. Eboni Green

She completed her PhD at Capella University where her primary focus was also Healthcare Administration, with an emphasis on family and frontline caregiving.

Green has extensive experience focused on caregivers' health and wellness, with an emphasis on caregiver stress, burnout, and related family conflicts. Over the years, Dr. Green has contributed to several publications and given presentations that focus on how to train, assess, and support caregivers throughout the caregiving journey. She hopes that communities benefit from her firsthand knowledge about the importance of self-care while caring for someone you love.

Triumphing over Grief is Never Easy

“I used to think that life was getting past the obstacle, just beyond the obstacle, to get to the other side, I just needed to get there to live again. But you know what? Life is not on the other side of the challenge. Life is the challenge. The challenge is the journey. Getting to the other side is just the pit stop, where you can reenergize before the next hurdle is in front of you. With each and every loss, every challenge, every obstacle, it empowers me to know that I’m gaining the courage and the wisdom to live life beyond what it was and used to be. Triumphing over grief, challenge, and adversity is never easy, but it is surprisingly simple. All you have to do is have faith, faith in yourself and beyond, and the courage to take the next step.”

-Linda Loosey



Anticipatory Grief

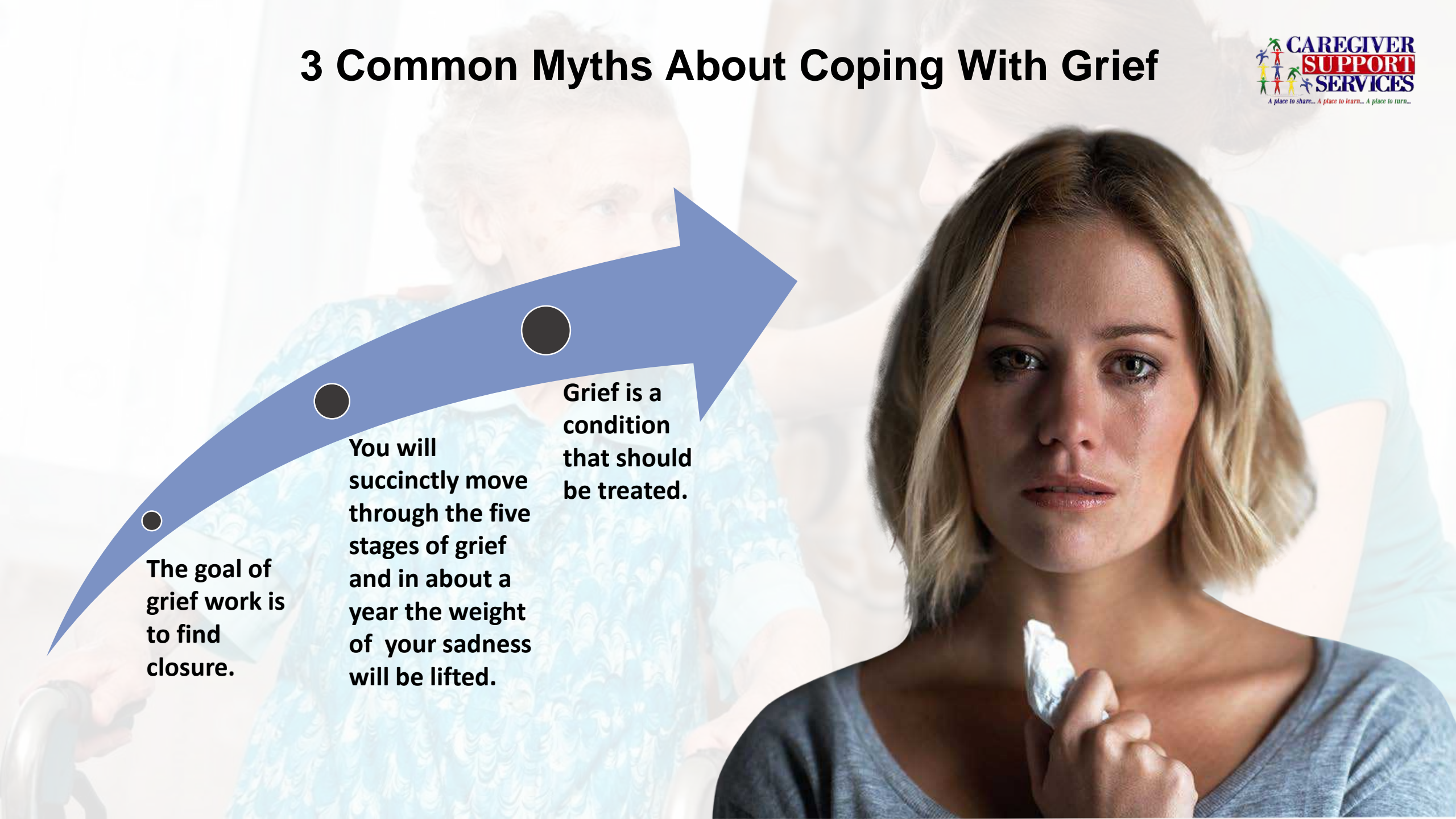
Grief is not exclusively tied to mortality. In fact, it is not uncommon to grieve prior to the death of a loved one. With anticipatory grief, you may experience some measure of hopelessness, guilt, anger, denial, fear, confusion and sometimes even rage, but not readily associate these emotions with your sorrow. This is especially true for caregivers, as you have likely been adapting to multiple losses. These losses are often attributed to managing the changing care needs and/or unpredictable nature of your loved one's disease.



7 Tips for Coping When Someone You Love Is Nearing the End of Life



3 Common Myths About Coping With Grief



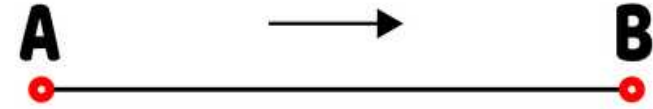
The goal of grief work is to find closure.

You will succinctly move through the five stages of grief and in about a year the weight of your sadness will be lifted.

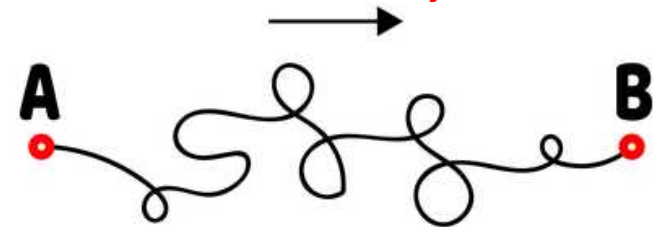
Grief is a condition that should be treated.

Grief is Unpredictable

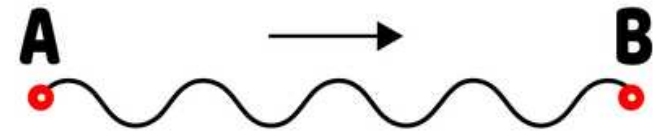
How we want Grief to Work



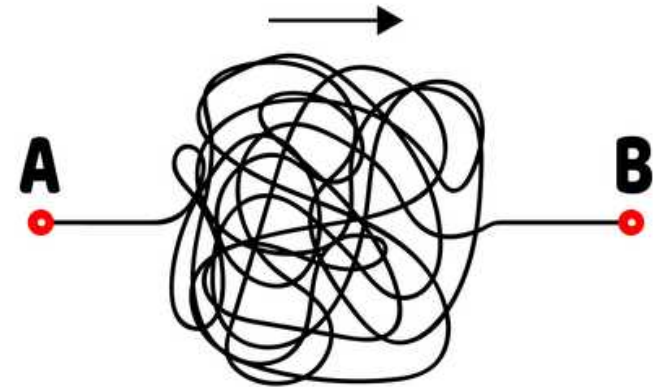
How Grief Actually Works



How Grief Actually Works



How Grief Actually Works





Loss Changes You!

Losing a loved one changes your life forever, and though you will likely not get over your sadness, it is possible to learn to cope. Therefore, it is important to be cautious of the suggestion that the goal of grief work is to find closure, that you should only experience sadness briefly, and that you will then close the door on your sadness and return to normal. This is simply not true. **Loss changes you!**

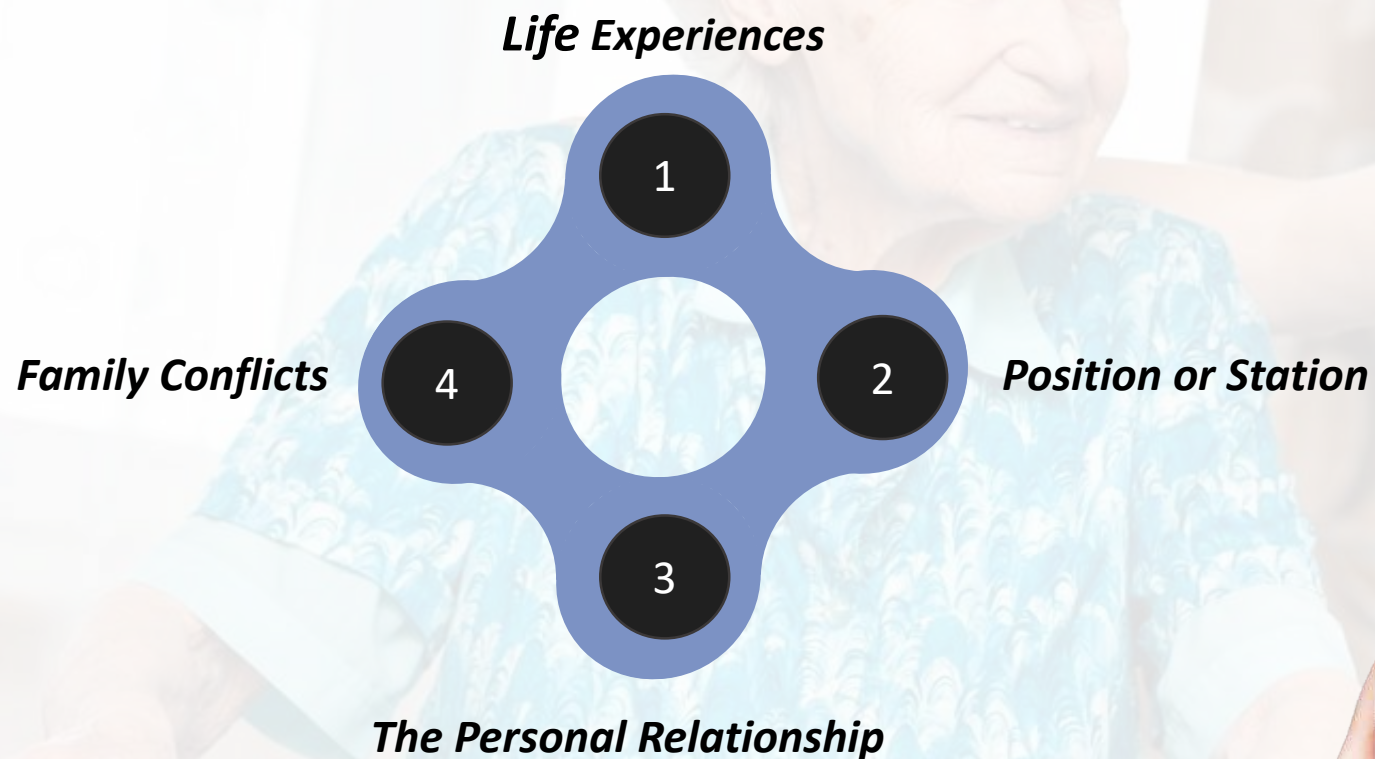
Common Emotions Associated with Grief



Please keep in mind that they do not represent stages of grief; they are not process oriented, but rather common emotions that may be experienced.

Anger
Tears & Laughter
Distress & Anxiety
Emotional & Social Isolation
Depression
Guilt & Regret

What is Influencing Your Grief?



How Families Process Grief

Family members are in a unique position to have a level of intimacy with each other that may not be experienced in any other relationship.

Being a caregiver for a loved one provides an additional layer of intimacy as traditional roles (i.e., husband, wife, son, daughter) are reversed.

The intensity of grief experienced following the loss of a loved one is proportionate to the intensity of the love shared in the relationship.



The Boundary Tester



Overcome by Grief



The Blamer



Lost in Action



On a Rampage



Simply Overwhelmed



The Voice of Reason



The Rock



The Comforter

Everyone Hurts

When just one relative experiences complicated grief, the resulting crisis can have a ripple effect on the entire family.

Is Your Grief Complicated?

Should you find that your sadness lasts six months or longer with a general disengagement from participation in normal, everyday life activities; that you are burying your feelings; or that you generally feel hopeless, you may be experiencing a form of complicated grief. There may be feelings of attachment and, at the same time, feelings of guilt, anger, and resentment.

Complicated grief-related depression



Complicated spiritual grief



Post-traumatic grief response



Queen Victoria:

The Caretaker of Memories

Complicated grief-related depression.

When you are experiencing complicated grief-related depression, there is a surrendering of yourself to distress, a general exaggerated hollow feeling often marked by hopelessness, a sense of self-doubt, and a general disengagement from participation in the activities of normal, everyday life.



Bobby Kennedy and Complicated Spiritual Grief

“ He who learns must suffer. And even in our sleep pain that cannot forget, falls drop by drop upon the heart, and in our own despair, against our will, comes wisdom to us by the awful grace of God. ”

—Agamemnon of
Aeschylus
(as cited by Robert
Kennedy)





Mary Todd-Lincoln, the Mother of Posttraumatic Stress