

PALLIATIVE CARE VICTORIA
VOLUNTEERS' CONFERENCE
2022



all about  grief

GRIEF

A contemporary
view

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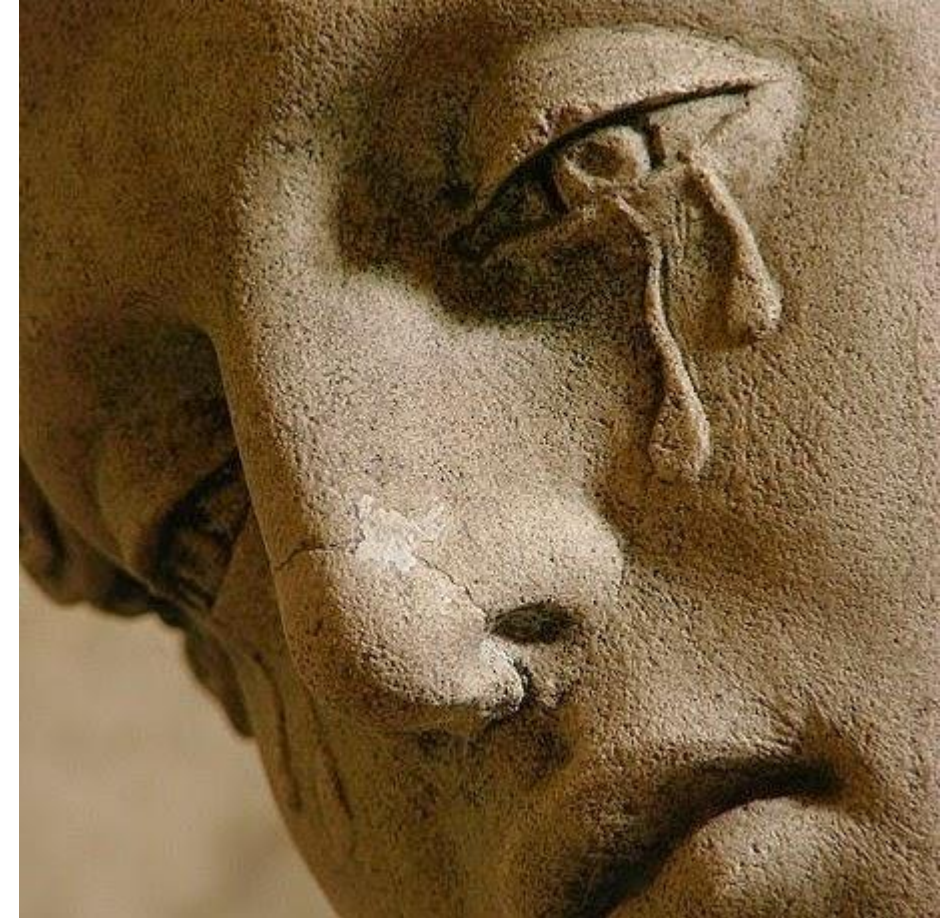
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Who's got grief?

Anyone experiencing loss:

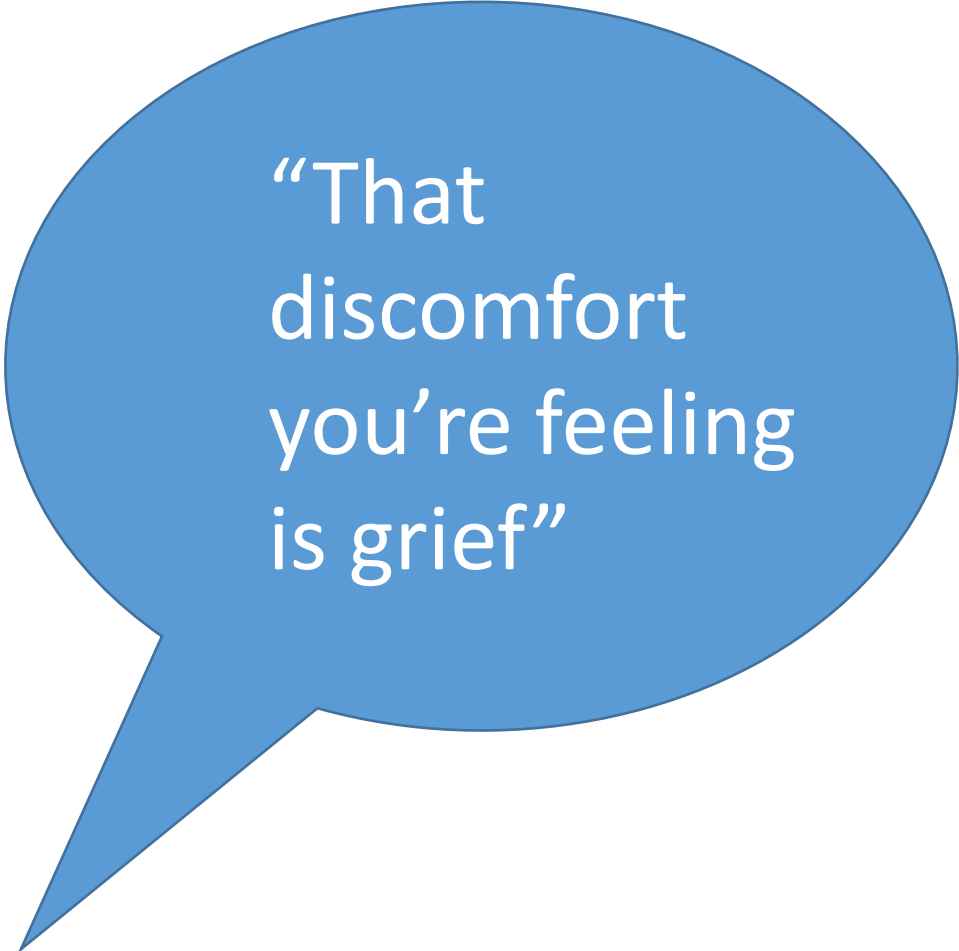
- Divorce, separation, relationship breakdown
- Poor health diagnosis, disability, impairment – self or family
- Redundancy, unemployment, missing out on promotion
- Workplace restructure/takeover/change
- Broken hopes & dreams
- Moving away from family/friends
- Loss of homeland, language, culture eg migration, war
- Natural disasters
- Lost self esteem, confidence
- Getting old - unwelcome changes in your life
- Death of someone close; a pet; a hero



Who's got grief?

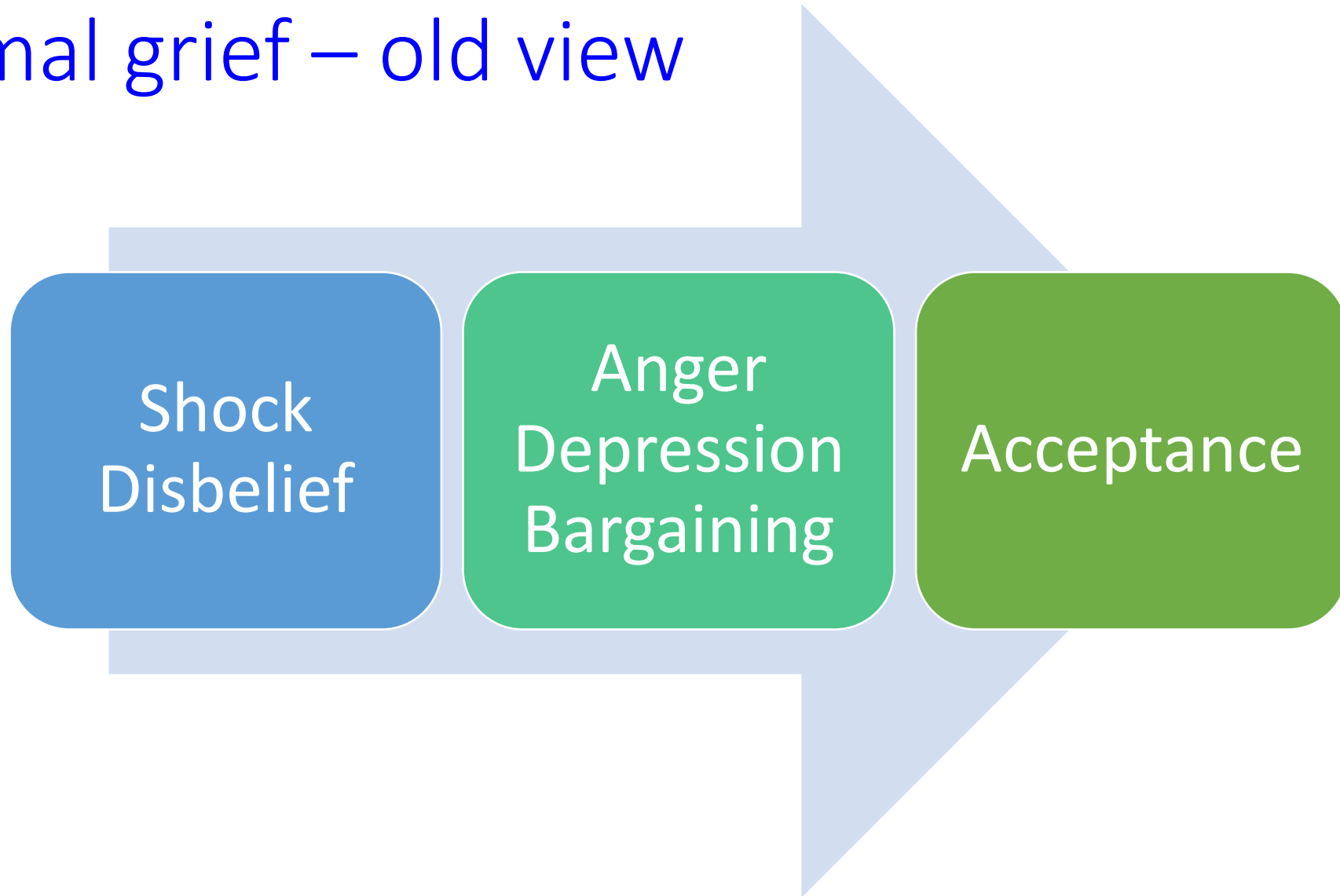
Anyone experiencing loss:

- **Covid-19**
 - lockdowns
 - loss of personal freedoms
 - separation from family/friends
 - uncertainty, sudden changes
 - impact on employment
 - loss of control, decision making
 - economic losses
 - social distancing
 - border closures
 - travel restrictions
 - quarantine
 - wedding & funeral restrictions

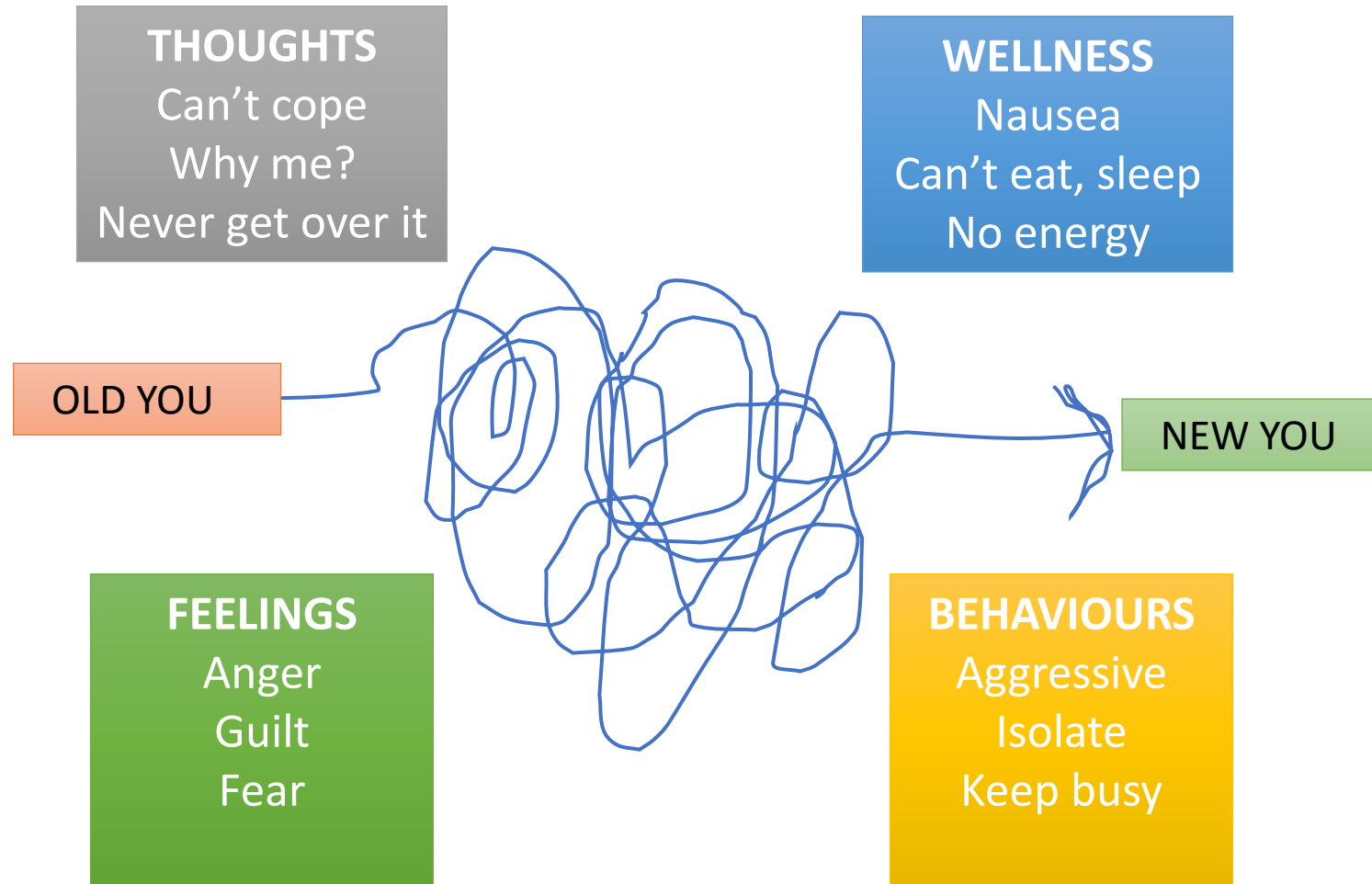


“That
discomfort
you’re feeling
is grief”

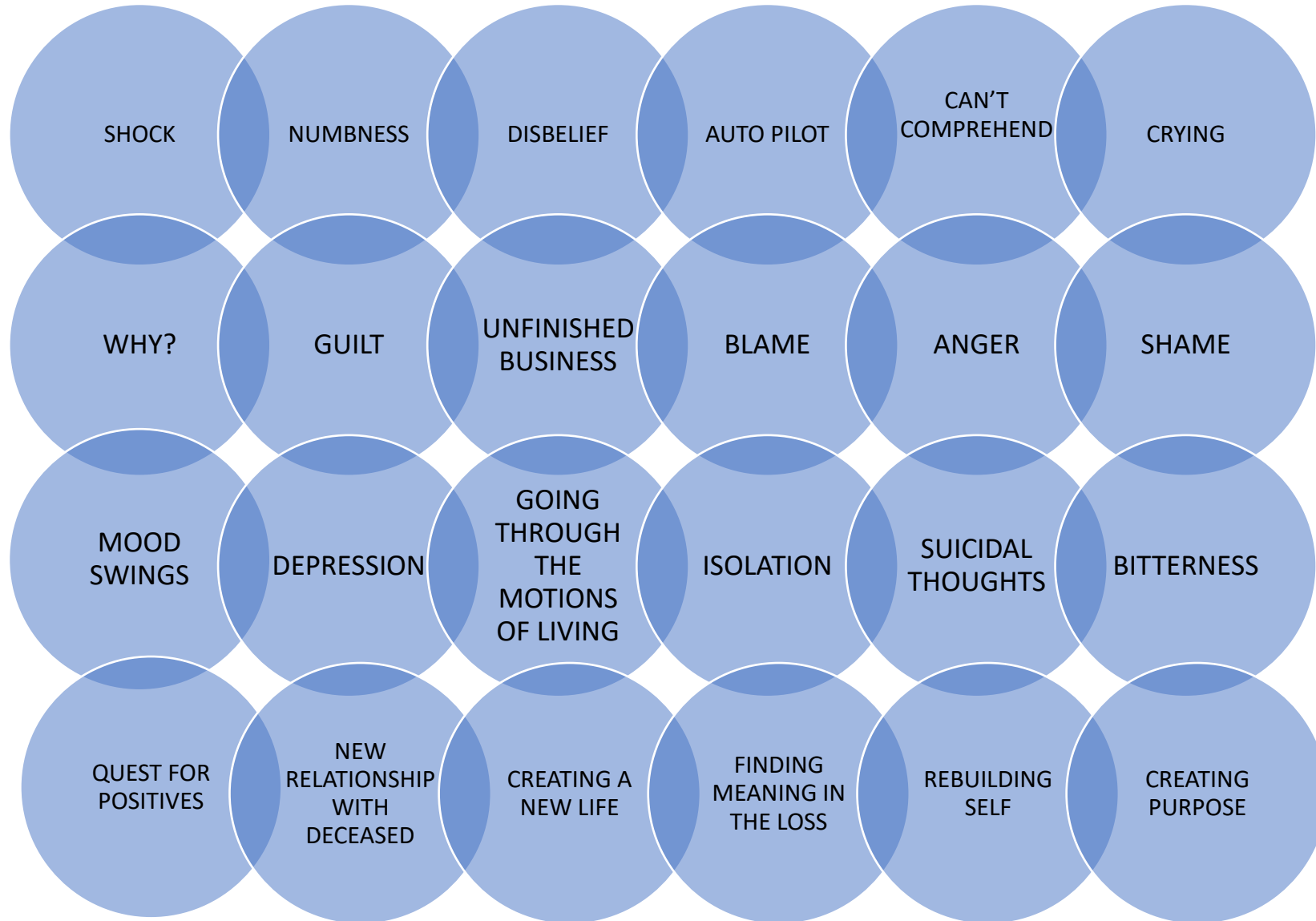
Normal grief – old view



Normal grief – another view



Managing your grief – a model



Moving on vs
Continuing Bonds

- Talk to the person
- Write to them
- Journal about them
- Keep photos around
- Tell new people about them
- Pass on advice they would give you
- Finish a project they were working on
- Take a trip they always wanted to take
- Have keepsakes; wear something of theirs
- Have a memorial, visit their grave
- Incorporate them into family events
- Do something special on a significant day

Holding space How to 'show up'

Holding space – At one time or another, someone in our lives will need a space held that is safe for them to do their grieving - caring, nonjudgmental, empathetic.

What kind of space do you create – how do you 'show up'?

How to 'show up' – more empathy

Empathy is ... the action of **understanding**, being **aware** of and **sensitive** to the **feelings**, **thoughts** and **experiences** of another person ... without experiencing their situation or feeling their pain **yourself**.

You are in the trenches with them, but it's not **your** story. Be present for **them** and **their** story.

It isn't your job to protect people from their grief or to solve it.

We cannot simply be those who grieve and those who look away.

I have chosen to stay when I'd prefer to run out of the room and cry.

Sometimes we must endure the discomfort of seeing the pain of others without being able to intervene.

Fumiko Ladd Chino MD; Sunita Puri MD; mashupMD.com

allaboutgrief.com

Free factsheets

- **Are you OK? And then what do you say?**
- **Coping with a sudden death**
- **Coping with grief at Christmas time**
- **Grief in the workplace**
- **How to talk to children about death**
- **Some tips for when you're grieving**
- **What are normal grief reactions**
- **About teens and grief**
- **What influences our grief**
- **What to say to someone who is grieving**
- **Flood – is this loss and grief?**

