

Workshop: “Getting to Good Grief”

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What is Grief?

Deep sorrow, especially that caused by someone’s death. (Oxford Dictionary)

Deep distress, sadness or regret (Merriam-Webster Dictionary)

**We should also note that we don’t just grieve over people. Grief can come from the loss of anything from a career to a marriage to a dream.

What is Good Grief?

Good Grief is grief that is acknowledged and dealt with. We cannot heal what we are unwilling to deal with. Good Grief is a **process** of grieving that encourages one to move forward in life versus staying in the past. Experiencing good grief does not require one to forget the loss, but encourages those who want to, to move on from that loss healthily. Good Grief is a **CHOICE!** Good Grief is not easy. Good Grief may not feel good at first **BUT** it is so worth it!

How Do I Get There?

1. **REVEAL:** Acknowledgment of grief- admit that there’s an issue, denial of the issue will not make it go away.
 - Ask yourself these questions: Am I grieving? Am I okay? What or who am I grieving over? How have I dealt with my grief?
 - Grief that is not acknowledged can be **deadly!**
 - Remember this: It’s okay to *not* be okay.

2. **DEAL:** There are many ways to deal with grief.
 - Talk about it (friends, family, counseling, support groups, journal)
 - Heart check (take a look at yourself)
 - Go through the *E*motions (sadness/tears, anger, fear, guilt, shock, confusion, etc.).
 - Give yourself TIME
 - PRAY without ceasing!

3. **HEAL:** The healing process is not a cookie cutter process. Just know that healing is available to you if you put in the work.
 - Be Selfish (participate in activities that are centered around what you like, want, need pertaining to your health, happiness, and mental state)
 - Smile/laugh (give yourself permission to have joy)
 - You Choose (make choices that work for you)
 - Do the work!
 - LIVE!! (this will look different for different people)—remarry, go back to school, get a hobby, tell your *testimony*, release *or* forget (if you want to) about the past--person, place, or thing that brought you grief.

HELPING/HEALING MY FAMILY:

- START WITH YOU – HELP YOURSELF!

- PUT PRIDE ASIDE

- TALK...ASK THE HARD QUESTIONS

- BE OKAY WITH BEING UNCOMFORTABLE

- BE HONEST, OPEN, AND AVAILABLE

- BE THE CHANGE– BREAK THE PATTERN OF SILENCE – GET HELP!

- HEAL—DEAL—REVEAL

REMEMBER:

- GRIEF THAT IS NOT ACKNOWLEDGED CAN BE DEADLY!
- IT'S OKAY TO *NOT* BE OKAY
- MEN & CHILDREN GRIEVE TOO
- YOU DON'T HAVE TO BE STRONG!