

Wellness Wednesday


Always in Our Hearts



Karen Haynes, Ph.D., LPC-S

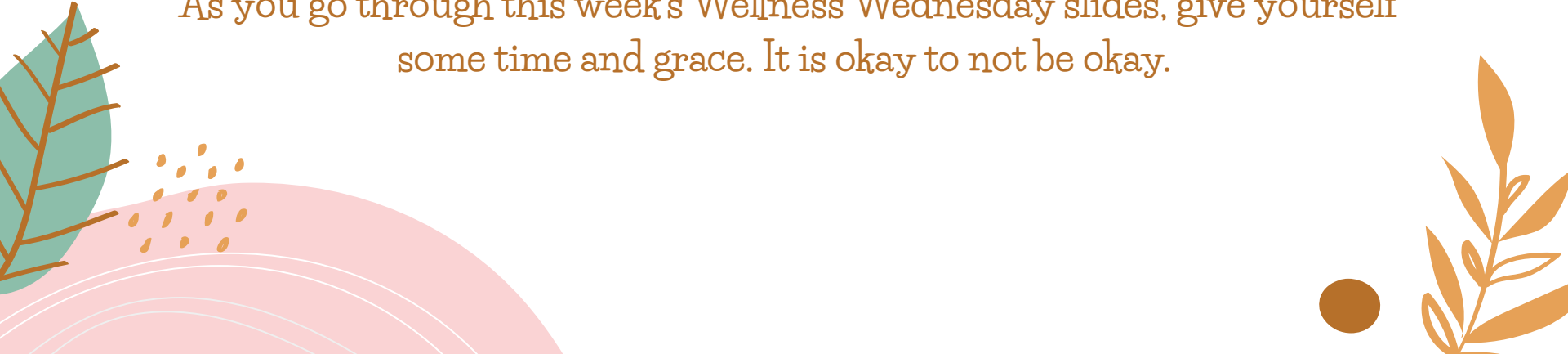


Mrs. Curby Rogers-Mitchell, LPC



Grief is something we all have experienced in different capacities. This week for Wellness Wednesday, we will be remembering those we have lost and exploring how there is more to grief than when someone we love is no longer with us.

As you go through this week's Wellness Wednesday slides, give yourself some time and grace. It is okay to not be okay.



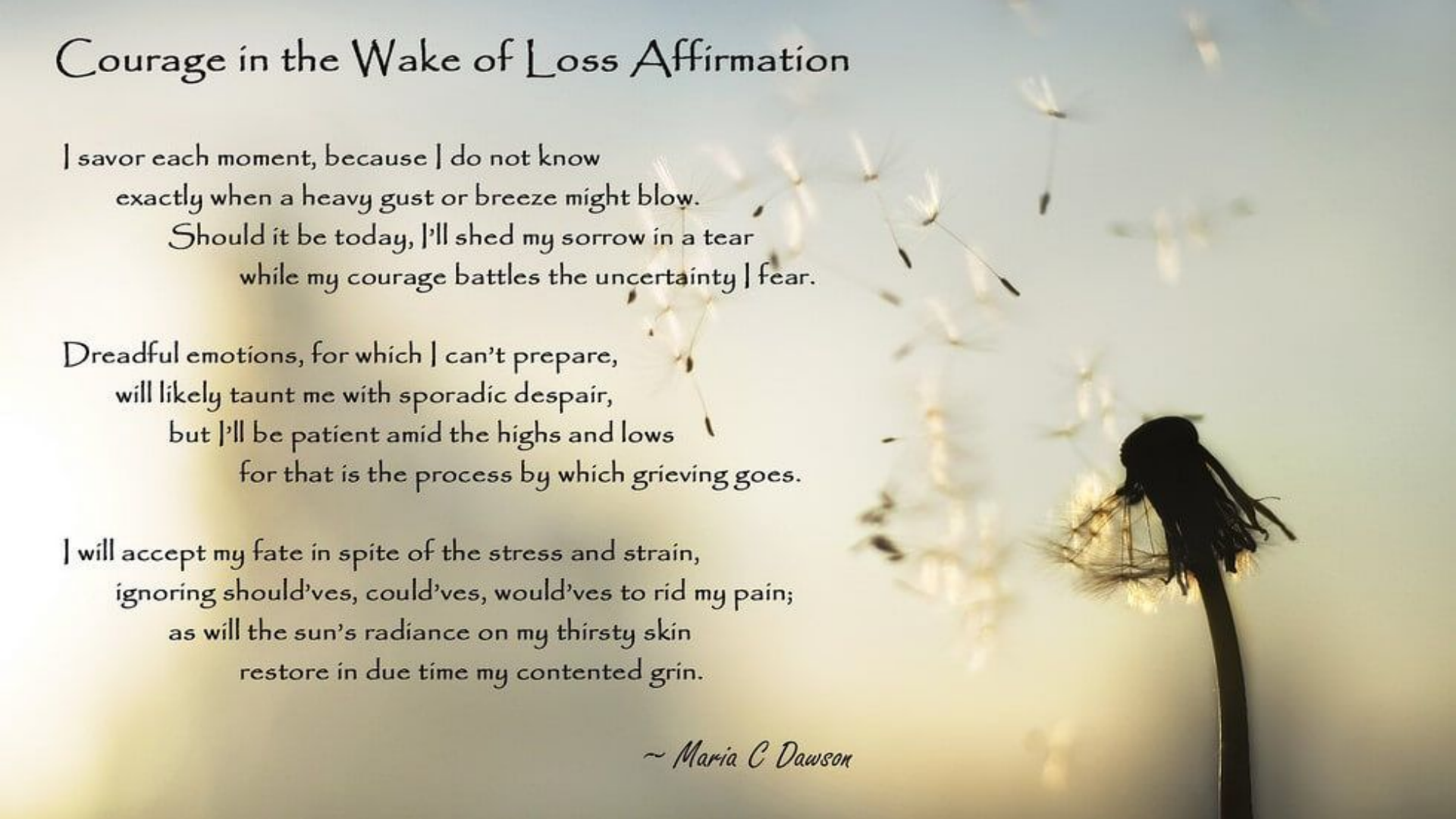
What is Grief?



Grief is our response to loss, particularly to the loss of someone or a living thing that has dies. Grief is about the emotional response to loss; however, it can also be the physical, behavioral, social, cultural and spiritual layers as well.

Grief also impacts us when we lose something familiar. When someone has a major life transition, like retirement-this too can lead to a grief-like response.

Courage in the Wake of Loss Affirmation



I savor each moment, because I do not know
exactly when a heavy gust or breeze might blow.
Should it be today, I'll shed my sorrow in a tear
while my courage battles the uncertainty I fear.

Dreadful emotions, for which I can't prepare,
will likely taunt me with sporadic despair,
but I'll be patient amid the highs and lows
for that is the process by which grieving goes.

I will accept my fate in spite of the stress and strain,
ignoring should've's, could've's, would've's to rid my pain;
as will the sun's radiance on my thirsty skin
restore in due time my contented grin.

~ Maria C Dawson

Stages of Grief

Below you will find the stages of grief. Please note that these are stages that are not linear. You can experience these in no particular order.

- Denial- defense mechanism to protect ourselves from acknowledging the loss.
- Anger-during this stage you may experience an increase in frustration or irritability. Understand that underneath the anger is pain.
- Bargaining- is a way to hold on to hope when you are in intense pain.
- Depression-depression is not a sign of a mental health condition, but is an appropriate response to grief.
- Acceptance-is about acknowledging the loss, not necessarily being okay with the loss. This is about validating your feelings.

For more information on The Kubler-Ross model of Grief, please click the link below.

[5 Stages of Grief After Facing A Loss](#)

Affirmations for your Journey

Affirmations are an excellent way to acknowledge your feelings AND promote healing when dealing with grief/loss.

Here are a few positive affirmations that you may find helpful on your journey.

- ❖ I allow myself to feel my grief and then let go.
- ❖ I take comfort in the memories of my loved one.
- ❖ I recognized painful moments, but I know this will pass.
- ❖ I will hold on to love, but release grief.
- ❖ I give myself time and space to feel my feelings.
- ❖ I can ask for help if/when I need it.
- ❖ I choose to feel at peace today.

HEALING





What are some things you may be grieving?

Take the time to identify 3 things that you may be grieving in your life.

Remember, this does not just have to be about death/loss.

What are you doing to work through your grief?

"The reality is, you will grieve forever. You will not 'get over' the loss of a loved one; you will

learn to live with it.

You will heal and you will rebuild yourself around the loss you have suffered. You will be whole, but you

will never be the same again.

Nor should you be the same, nor should you want to."

Elizabeth Kubler-Ross

Upath Dynamics

Grief Resources

[Navigating Grief: A Guided Journal: Prompts and Exercises for Reflection and Healing](#)

[Grieving the Loss of a Love: How to Embrace Grief to Find True Hope and Healing After a Divorce, Breakup, or Death](#)

[It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand](#)

[Shattered: Surviving the Loss of a Child \(Good Grief Series\)](#)



A Moment of Silence

A moment of silent reflection to honor the lives lost and offer support to our GPISD families who are mourning the loss of their loved one(s).





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Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Apoyo emocional confidencial

Nuestros clínicos capacitados escucharán sus inquietudes y les ayudarán a usted o a sus familiares con problemas, como:

- Ansiedad, depresión, estrés
- Duelo, pérdidas y adecuación en la vida
- Conflictos maritales o de relación



Soluciones para el trabajo y la vida personal

Nuestros especialistas proporcionan derivaciones calificadas y recursos para todo lo incluido en su lista de quehaceres, como:

- Búsqueda de cuidados para niños y ancianos
- Contrato de servicios de mudanzas o refacciones en el hogar
- Planificar eventos, ubicar lugares de atención para mascotas



Asesoramiento legal

Hable con nuestros abogados a fin de obtener asistencia práctica para sus problemas legales más apremiantes, como por ejemplo:

- Divorcio, adopción, leyes de familia, testamento, fideicomiso, etc.
- ¿Necesita representación? Obtenga una consulta gratis de 30 minutos y una reducción del 25% en los honorarios.



Recursos financieros

Nuestros expertos financieros pueden ayudarle con una amplia variedad de temas. Hable con nosotros sobre:

- Planificación de la jubilación, impuestos
- Reubicaciones, hipotecas, seguros
- Elaboración de presupuestos, deudas, quiebras y más



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GuidanceResources® Online es su vínculo con información vital, herramientas y apoyo. Inicio de sesión para:

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Topic Suggestions & Feedback

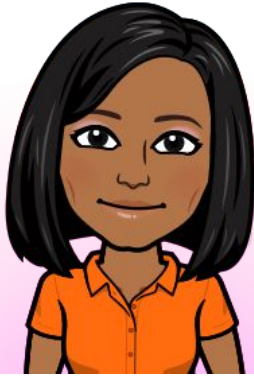
Click the Suggestion Box to submit your response.

Are there topics
you would like to
see discussed?
We would
LOVE
To hear from you.



Chat with a **PRO**

How can I support you?



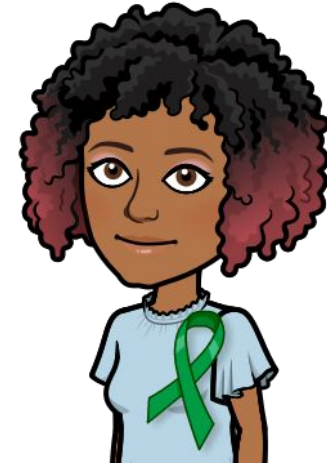
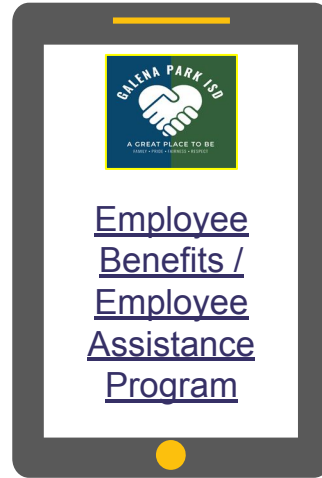
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