



**WAITING FOR
THE RAINS**



ACKNOWLEDGEMENT OF COUNTRY



THE
SEEDLING
GROUP

INTRODUCTIONS

TOPIC FOR TODAY



GRIEF AND LOSS



RECOVERY

GRIEF & LOSS

Natural reaction to loss

Symptoms are emotional, cognitive,
physical, spiritual and behavioural

Speak up

Allow

Talk

Take Care





THE
SEEDLING
GROUP

8 Common Grief Emotions

Shock

Disbelief, denial, numbness;

Anger

Conflict in relationships, ill health,
sudden violence;

Panic

May have panic attacks;

Apathy

'I don't care anymore...';

Depression

Suicidal thoughts are common;

Guilt

'If only ...' stage;

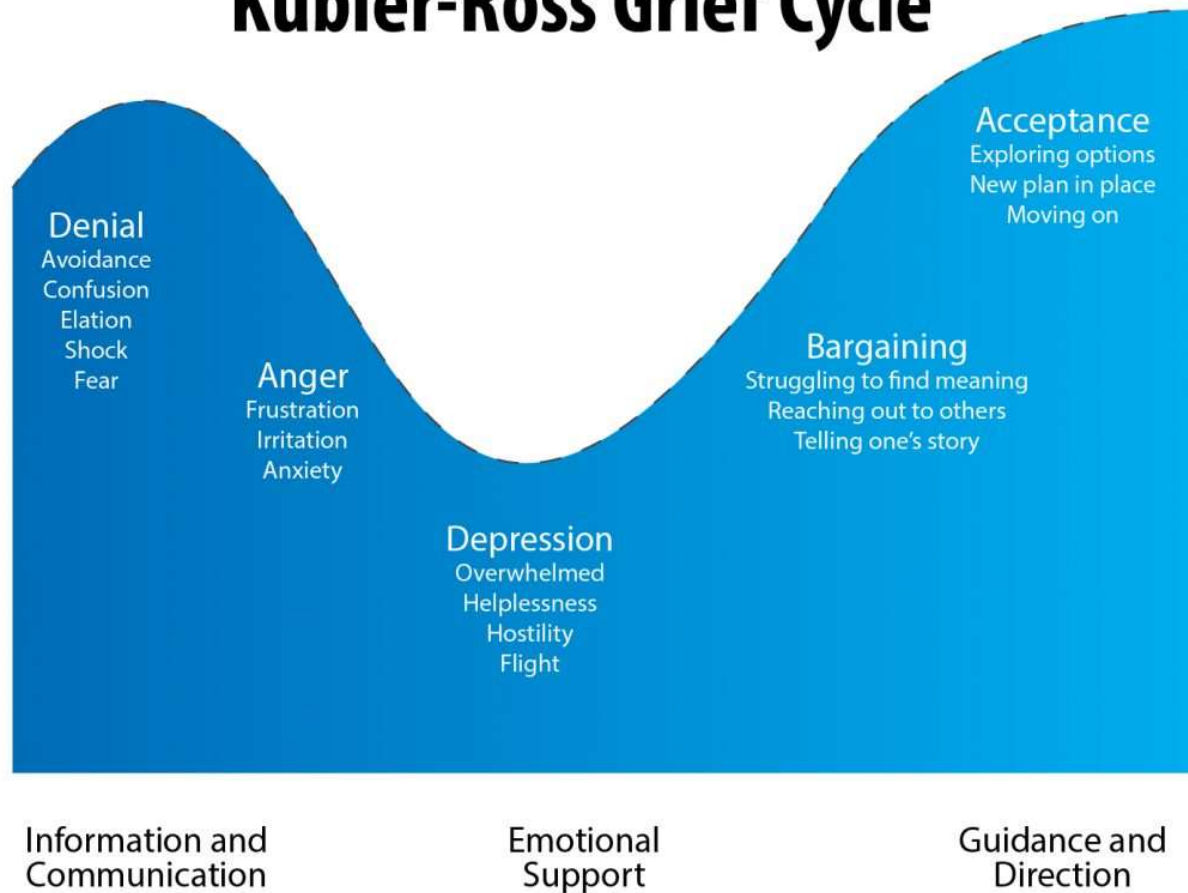
Physical Illnesses

Grieving people often neglect
themselves nutritionally

Crying/Wailing

Suppressing tears can cause ill-
health

Kübler-Ross Grief Cycle



STAGES OF GRIEF

Models of Kubler Ross Model

5 Stages

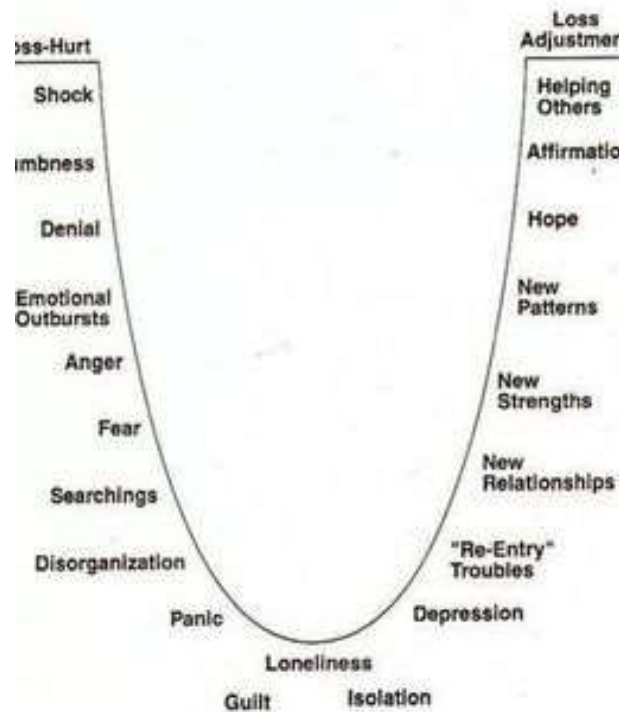
Model of Lesley Enock

(Aboriginal) 7 Phases

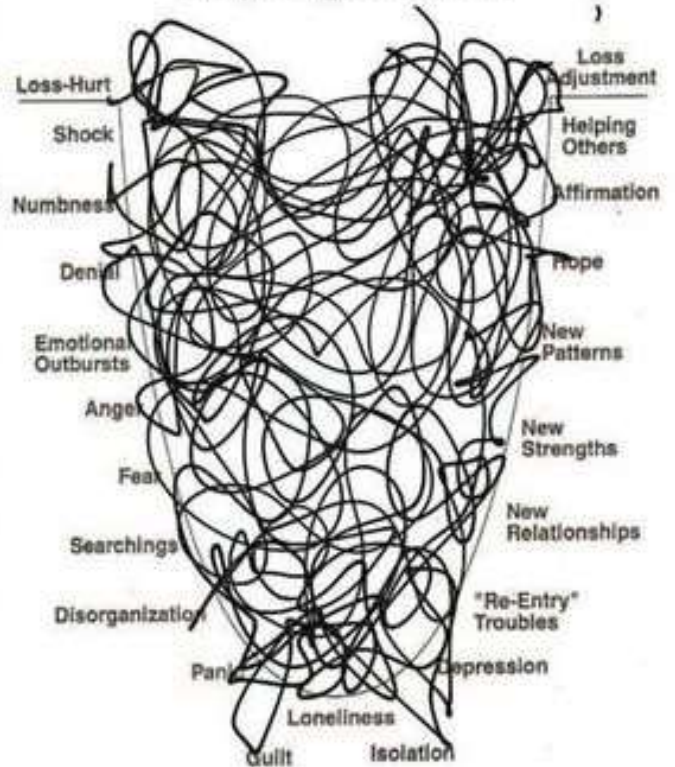
Model of Rosmary Wanganen

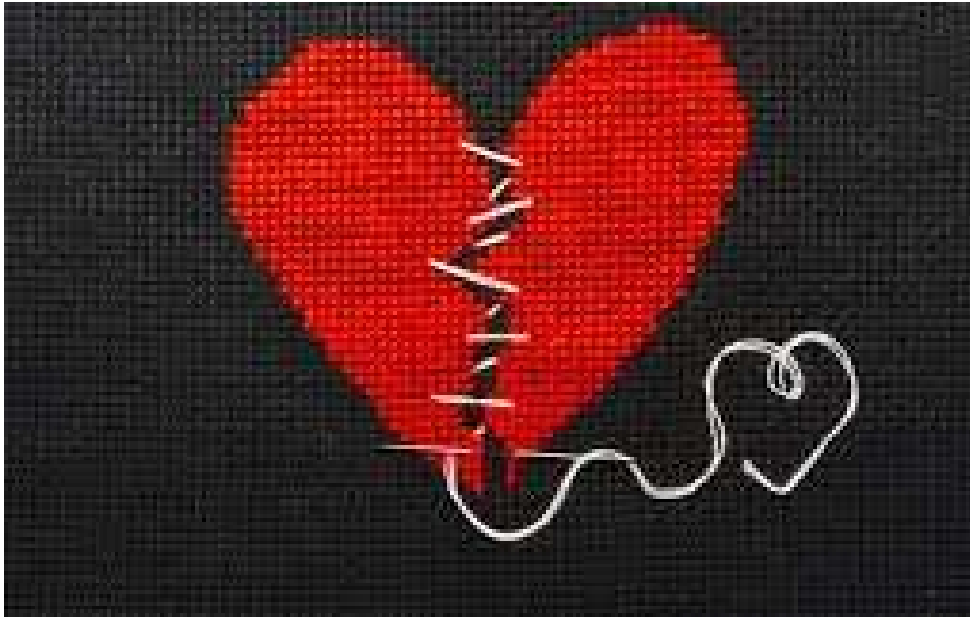
(Aboriginal) 7 Stages

STAGES OF GRIEF



My experience





THE GRIEF AND LOSS BRAIN – IT'S A REAL THING

COMPLICATED GRIEF



<http://www.mentalhealthacademy.com.au/>



**WHAT IS
DIFFERENCE
BETWEEN GRIEF
AND
DEPRESSION?**



**WHAT IS THE
DIFFERENCE
BETWEEN
GRIEF AND
TRAUMA**

CREATIVITY <small>(originality, ingenuity)</small> WISDOM	CURIOSITY <small>(interest, novelty-seeking, openness to experience)</small> WISDOM	JUDGEMENT <small>(critical thinking)</small> WISDOM	LOVE of LEARNING <small>(wisdom)</small> WISDOM	PERSPECTIVE <small>(wisdom)</small> WISDOM	
BRAVERY <small>(valor)</small> COURAGE	PERSEVERANCE <small>(persistence, industriousness)</small> COURAGE	HONESTY <small>(authenticity, integrity)</small> COURAGE	ZEST <small>(vitality, enthusiasm, vigor, energy)</small> COURAGE	 SANTA MARIA COLLEGE	
LOVE HUMANITY	KINDNESS <small>(generosity, nurturance, care, compassion, altruistic love, "niceness")</small> HUMANITY	SOCIAL INTELLIGENCE <small>(emotional intelligence, personal intelligence)</small> HUMANITY	<h1>CHARACTER STRENGTHS</h1>		
TEAMWORK <small>(citizenship, social responsibility, loyalty)</small> JUSTICE	FAIRNESS JUSTICE	LEADERSHIP JUSTICE			
FORGIVENESS <small>(citizenship, social responsibility, loyalty)</small> MODERATION	HUMILITY MODERATION	PRUDENCE MODERATION		SELF-REGULATION <small>(self-control)</small> MODERATION	
APPRECIATION of BEAUTY and EXCELLENCE <small>(awe, wonder, awe/admiration)</small> TRANSCENDANCE	GRATITUDE TRANSCENDANCE	HOPE <small>(optimism, future-mindedness, future orientation)</small> TRANSCENDANCE		HUMOUR <small>(playfulness)</small> TRANSCENDANCE	SPIRITUALITY <small>(faith, purpose)</small> TRANSCENDANCE

<http://www.viacharacter.org/www>

WISDOM	COURAGE	HUMANITY	JUSTICE	MODERATION	TRANSCENDANCE
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WHAT ARE YOUR STRENGTHS THAT HAVE SERVED YOU WELL?

TAKE HOMES FOR TODAY

To read:

Cox, H.M., Holmes, C.A. Loss, Healing, and the Power of Place. *Human Studies* 23, 63–78 (2000).
<https://doi.org/10.1023/A:1005566612706>

To watch:

<https://videogifs.com/wp-content/uploads/2020/02/animacion-para-reflexionar.gif>

To use:

Start a journal, start a ritual, link objects to commemorate (plant a tree)

