Grief Session 1 - Teaching

Definition of GRIEF:

What cause of grief do you most relate to most?

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Stages of grief:

1. _____ 2._____ 3. _____ 4. _____ 5. _____

Take some time to journal about where you find yourself in these stages.

Stages of Grief are NOT LINEAR.

You have to *feel* it, to *heal* it.

Coping SKills

1.
2.
3.
4.
5.
6.

What is the sixth stage of grief mentioned?

Are there any ***red flags*** you are experiencing that you need to seek help for at this time?

"It's okay to not be okay, but we don't want you to stay there."

YOU ARE NOT ALONE!

Please contact us if you have any further questions on this topic!

Grief - Session 2 - Biblical Truth

Scripture Reference:

Psalm 147:3
"He heals the brokenhearted and binds up their wounds."

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Thoughts while watching video:

Stages of Grief:

Shock / Denial → Anger → Bargaining → Depression → Acceptance

Stages of Grief are NOT LINEAR.

Ultimately, you want to get to acceptance. But a lot of times, it's like playing bumper cars. Or it feels like WAVES of grief that hit you and knock you down when you least expect it.

"*You got to get sad enough to get mad enough to get WELL.*"

Dr. Marvin Douglas

Organizations near you:

- Grief Share
- Halo - Suicide Support
- Nomi
- AA and Alanon
- Divorce Recovery
- Celebrate Recovery

Dos and Don'ts to help someone who is grieving:

- MENTION the deceased's NAME.
  - DON'T avoid talking about them or sharing memories.
- LISTEN to them talk and vent.
  - REFRAIN from trying to "fix" their pain.
- ACKNOWLEDGE their pain.
  - DON'T tell them they're strong. They aren't.
- STOP by for COFFEE. Drop in to check on them.
  - DON'T assume they'll reach out, most likely they won't.
- PRAY for them even after the one year mark.
  - The SECOND year is sometimes the HARDEST.
- POST memories if they like social media.
  - It won't make them SAD.

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Grief - Session 3 - Teens

Definition of Grief:

- What causes of "Grief" can you relate with most?
- What responses are you experiencing?

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Stages of Trauma:

Shock / Denial → Anger → Bargaining → Depression → Acceptance

These stages do not always move along in a line. Sometimes it's like bumpercars.

- **You have to feel it to heal it.**
- **No one can tell you how long each stage will last. It's your own journey.**
- **Coping skills - any tool you use to cope.**

Scripture to cling to when feeling hopeless.

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds.
- Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Have I used any negative coping skills to deal with my pain?

Be honest with yourself.

"It's okay to not be okay, we just don't want you to stay there."

Coping Skills

- Grounding
- Music
- Progressive Muscle Relaxation
- Deep Breathing
- DO NOT ISOLATE
-
-
- Coloring/Drawing/Art
- Youth Groups
- Pets/Hobbies
- Journaling / talking with someone
- Professional Help
-
-

Where do you get your support?

Helpful tips from this video:

Take One Day at A Time.
Remind yourself of these promises daily as you move through grief.

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