

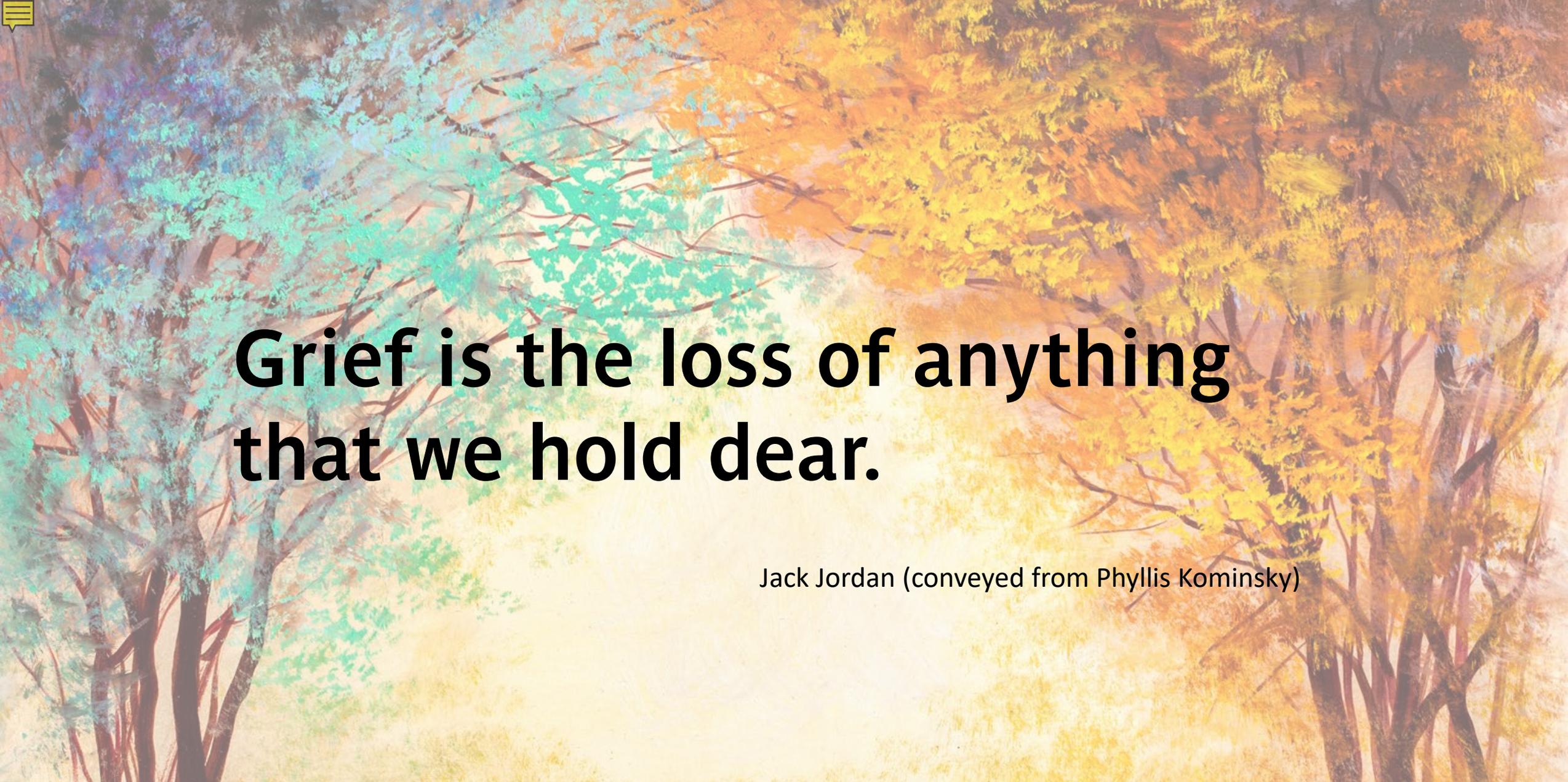
# From Grief To Peace

Slides & Resources: <https://bit.ly/dom-grief>

**D.O. McComb & Sons**  
Annual Grief Seminar  
Caregiver Training  
April 26, 2022



**Heather Stang, MA, C-IAYT**  
Founder, Mindfulness & Grief Institute

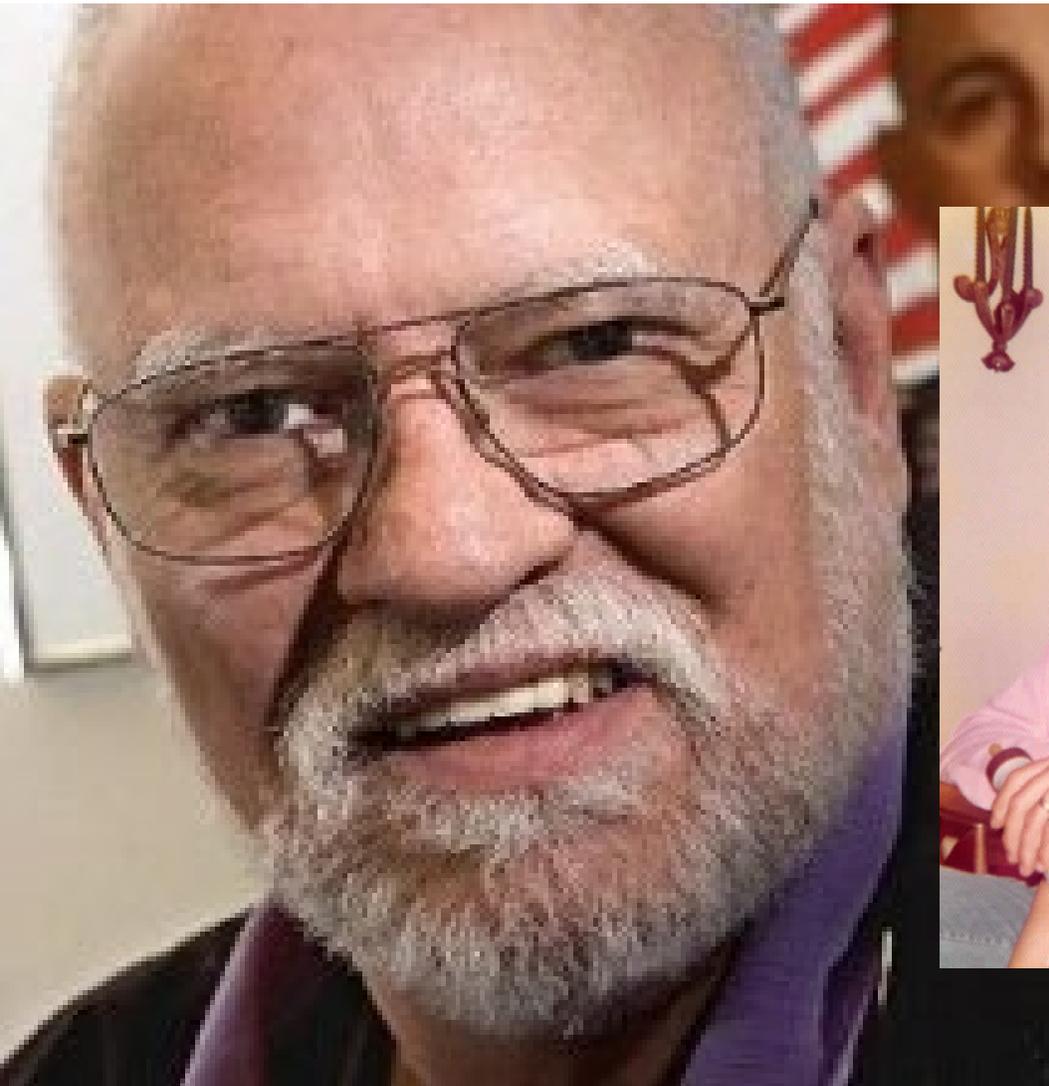


**Grief is the loss of anything  
that we hold dear.**

Jack Jordan (conveyed from Phyllis Kominsky)









# The Impact of Grief

- Physical sensations & health
- Emotions
- Thoughts/Cognitions
- Behaviors
- Social difficulties
- Spiritual/Meaning



**Grief is both universal and  
uniquely personal...**

**The hardest loss is the one *you* have to bear**

**There is no “right way” to grieve.**





**There are things you can do to skillfully soothe your pain and navigate grief in a healthy way.**



# Three Survival Skills For Grief



## Cope With Your Pain

On the spot techniques to interrupt overwhelm (ER)



## Build Your Resilience

Regular practices to bring you into balance (Oil Change)



## Get Loving Support

Feel that you are understood and not alone (Your Tribe)



# The Mindfulness & Grief System



## Conscious Relaxation

Self-care for Your Grieving Body



## Mindfulness For Grief

Finding Peace in the Present Moment



## Compassion For All

Care for Yourself & Others



## Skillful Courage

Harness Your Strength & Vulnerability



## Getting Unstuck

The Space You Need to Move Forward



## Meaning Reconstruction

Cherish The Love That Remains



## Allowing Transformation

Discover Your Authentic Self



## Perpetual Mindfulness

A Healthy Lifestyle for Grief & Beyond



# The Dual Process Model Of Coping With Bereavement



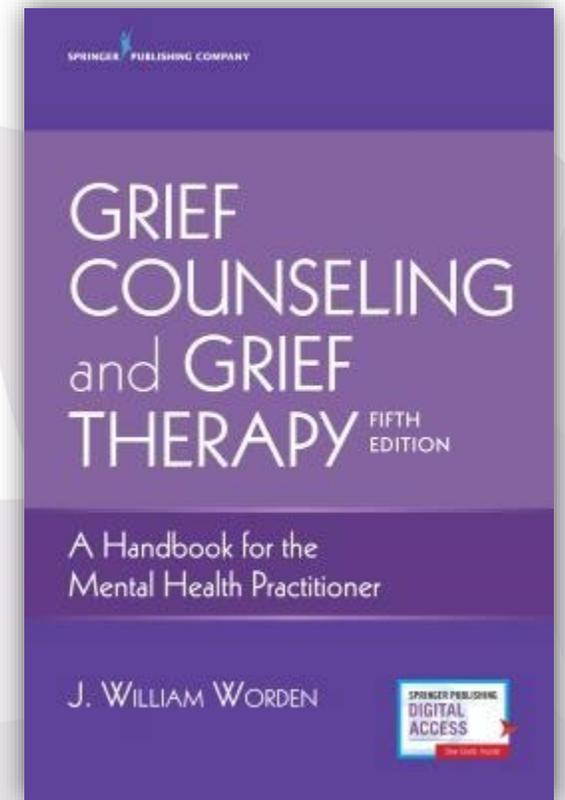
(Stroebe & Schut 1999)

Skillful grief work empowers the to oscillate between tending to the pain and reengaging with life.



# Four Tasks of Mourning

1. To accept the reality of the loss
2. To process the pain of grief
3. To adjust to a world without the deceased
4. To find an enduring connection with the deceased in the midst of embarking on a new life



Worden (2008)





# Sleep Nutrition/Hydration Movement





# Focus & Relaxation To Cope With Overwhelm

1. Soften your body as best as you can
2. Focus on something repetitive
3. When you get distracted, just start again



# Gain Clarity & Build Resilience With Mindfulness

1. Connect to the part of you that is aware you are aware
2. Choose an object of focus, then widen out as you can
3. When you get distracted, just start again





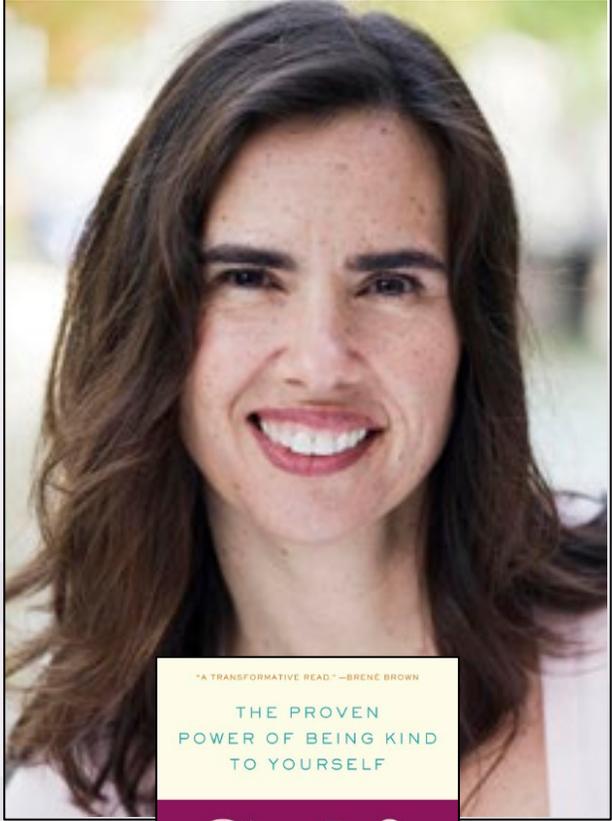
Mind Full, or Mindful?



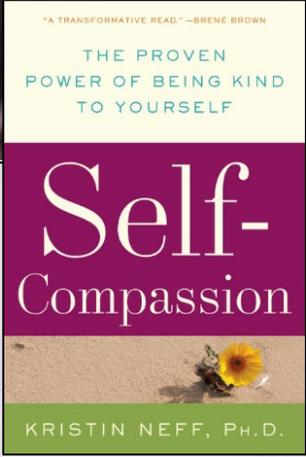


# 3 Elements of Self-compassion

- Mindfulness (non-identification)
- Common humanity (we are all in this together)
- Self-kindness (treating yourself with care)



Kristen Neff  
*Self-Compassion* (2011)





# Get Loving Support With Self-Compassion

1. Acknowledges what hurts
2. Feel that you are not alone
3. Respond with kindness and care



An illustration on the left side of the slide depicts a woman in a blue patterned sweater and dark skirt walking towards a large, white, stylized hand that is holding a glowing red heart. The heart has two white stars on it. The background is a soft, greyish landscape with a red sun or moon on the horizon and several small red hearts floating in the air. The overall style is modern and artistic.

# Nurturing Your Enduring Connection

1. Rituals & Remembrance Activities
2. Letter writing (both to and from your loved one)
3. Legacy activities (hobbies, charity, gatherings)
4. Imprint reflection meditation





# When To Seek Out Help From A Grief Therapist (After A Year Or More)

- Your grief symptoms intensify over time
- Your daily functioning is impaired on a long-term basis.
- You don't believe the loss really happened
- You imagine that the deceased person is alive.
- You have intrusive images of the deceased.
- You feel desperate loneliness, anger, bitterness, or have a death wish.
- You spend the majority of your time contemplating the loss.
- You are unable to adjust to life without the individual.

Shear (2015)

For more information [www.complicatedgrief.columbia.edu](http://www.complicatedgrief.columbia.edu)





# Posttraumatic Growth



**Increased sense of personal strength**

**Awareness of new possibilities**

**Improved compassion**

**Appreciation for life in general**

**Spiritual change or growth**

(Calhoun & Tedeschi)



# Journaling For Posttraumatic Growth



Connect with the part of you that is aware that you are aware.  
Note what you sense in your:

*breath*

*body*

*thoughts*

*emotions*

What one thing stands out to you the most?

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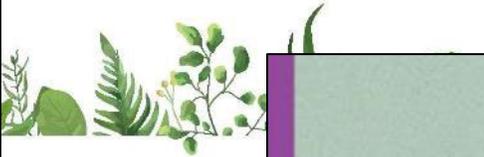
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14 mindful awareness



tending to my grief matters to me be

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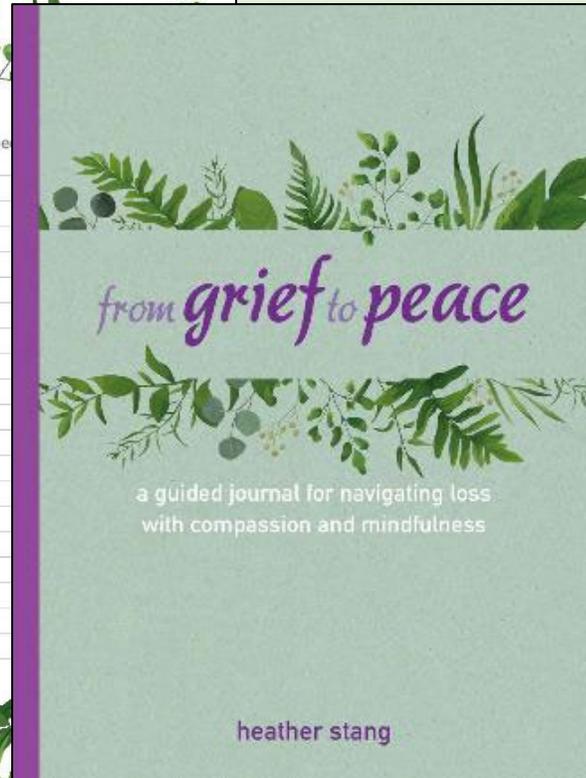
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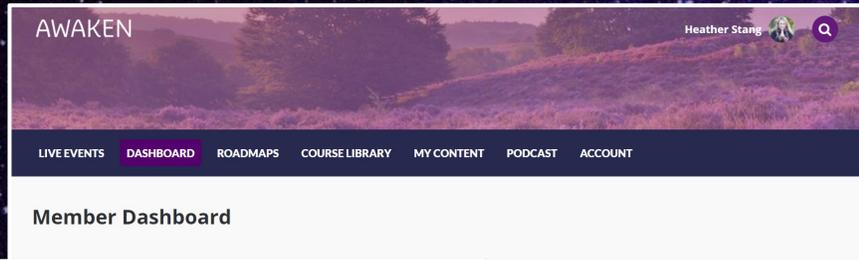


mindful awareness 15



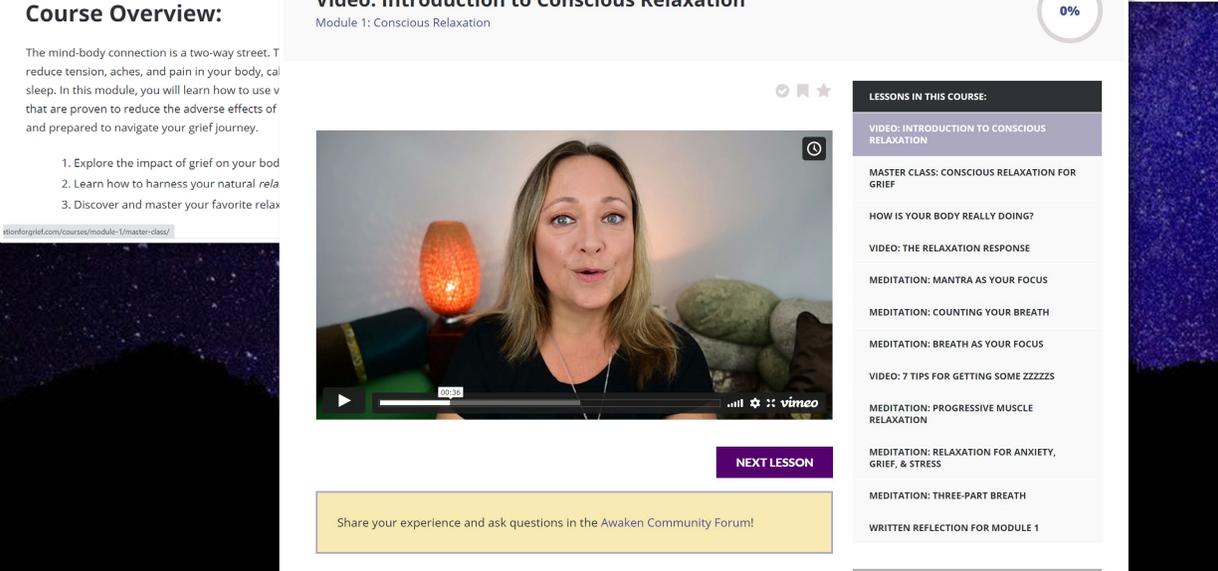
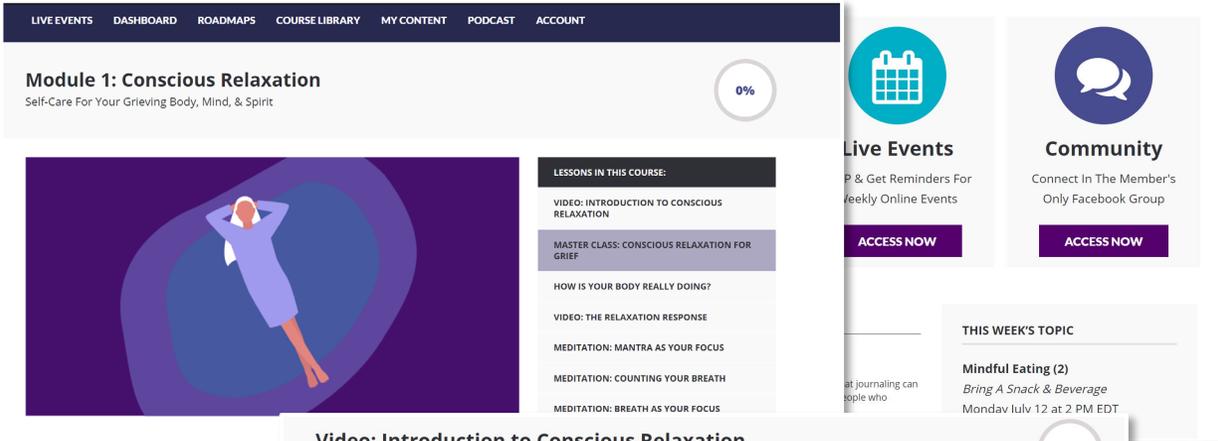
From Grief To Peace (Stang, 2021)





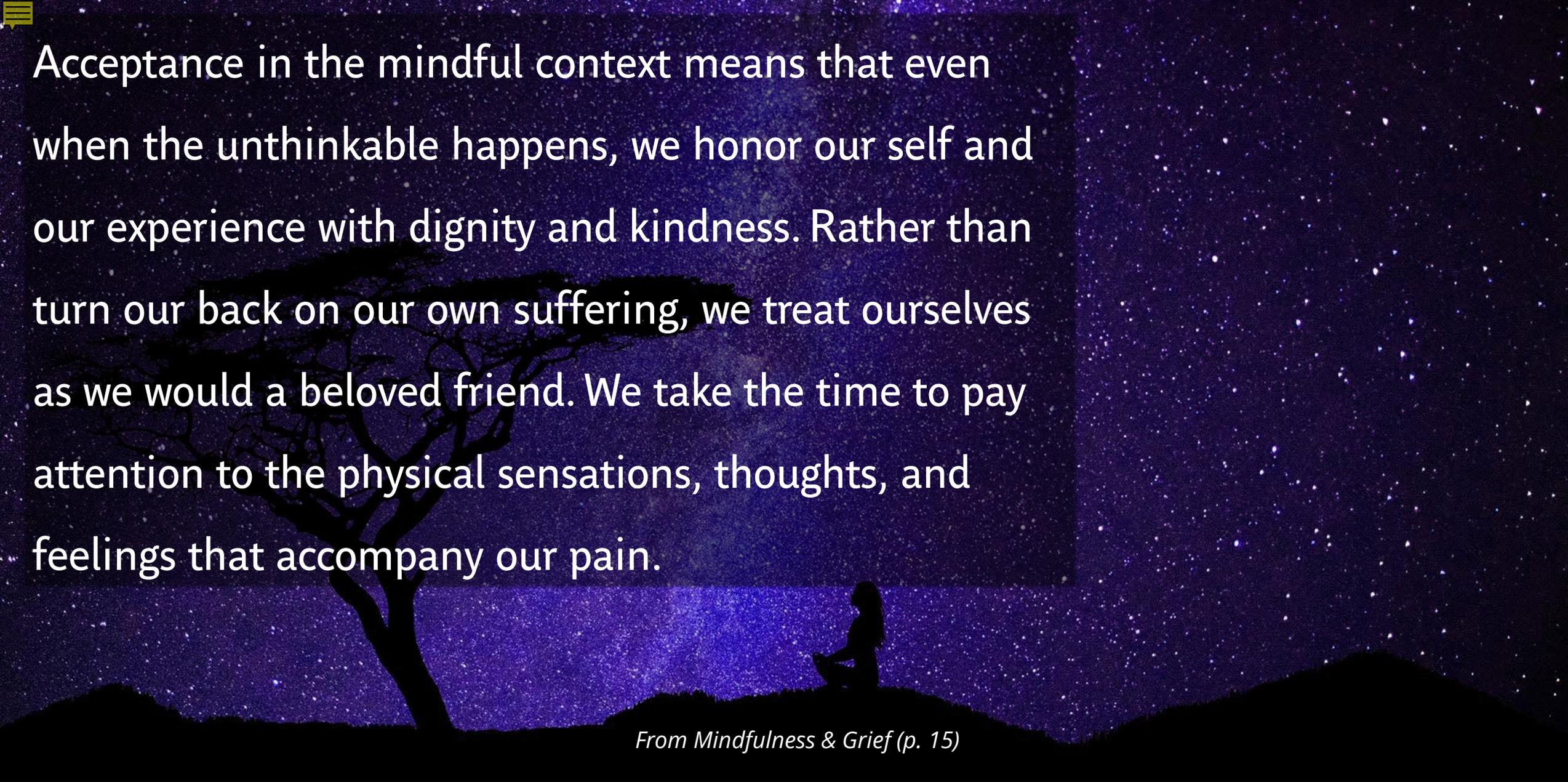
# AWAKEN

## Online Grief Support With Heather



- Weekly Live Classes with Heather
- Monthly Member Meetup
- Online Course
- Guided Meditations
- Journaling Prompts

MeditationForGrief.com



Acceptance in the mindful context means that even when the unthinkable happens, we honor our self and our experience with dignity and kindness. Rather than turn our back on our own suffering, we treat ourselves as we would a beloved friend. We take the time to pay attention to the physical sensations, thoughts, and feelings that accompany our pain.

*From Mindfulness & Grief (p. 15)*

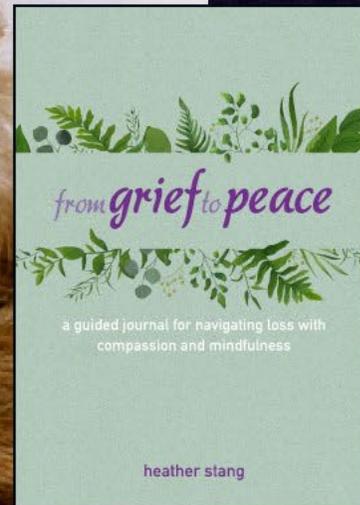
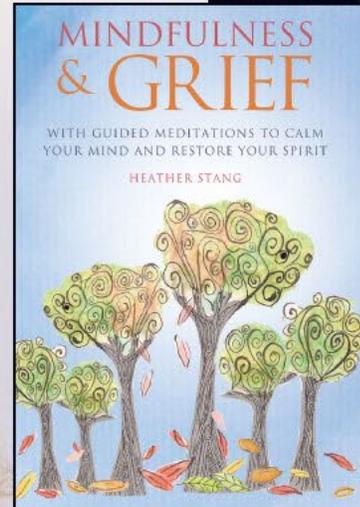




MINDFULNESS  
& GRIEF  
INSTITUTE



AWAKEN  
meditation for grief & online support



**Slides & Downloads:**  
<http://bit.ly/dom-grief>

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