



# Phoenix Rising Yoga Therapy For Grief

Slides & Downloads: <https://bit.ly/prytgrief>

PRYT Panel Discussion  
May 2, 2022



AWAKEN



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Founder, Mindfulness & Grief Institute

# What The Heck Is Thanatology?

**Thanatology** is a comprehensive field of study that examines every facet of death, dying, and bereavement.

**Thanatologists** are care providers, clinicians, practitioners, educators, researchers, and others emerging from a wide variety of educational backgrounds, professional disciplines, and occupations who practice within the scope of death, dying, loss, grief, and bereavement and “share a common language” with all thanatology professionals.

ADEC.ORG



Association for  
Death Education and Counseling®  
*The Thanatology Association®*





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

Jack Jordan (conveyed from Phyllis Kominsky)



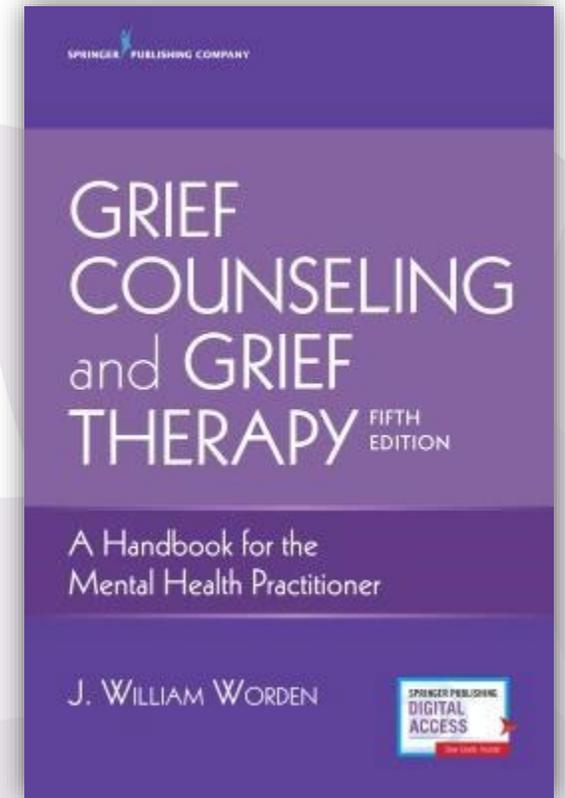
# How Grief Impacts Individuals

- Physical sensations
- Emotions
- Thoughts or cognitions
- Behaviors
- Social difficulties
- Spiritual searching



# 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)



# 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

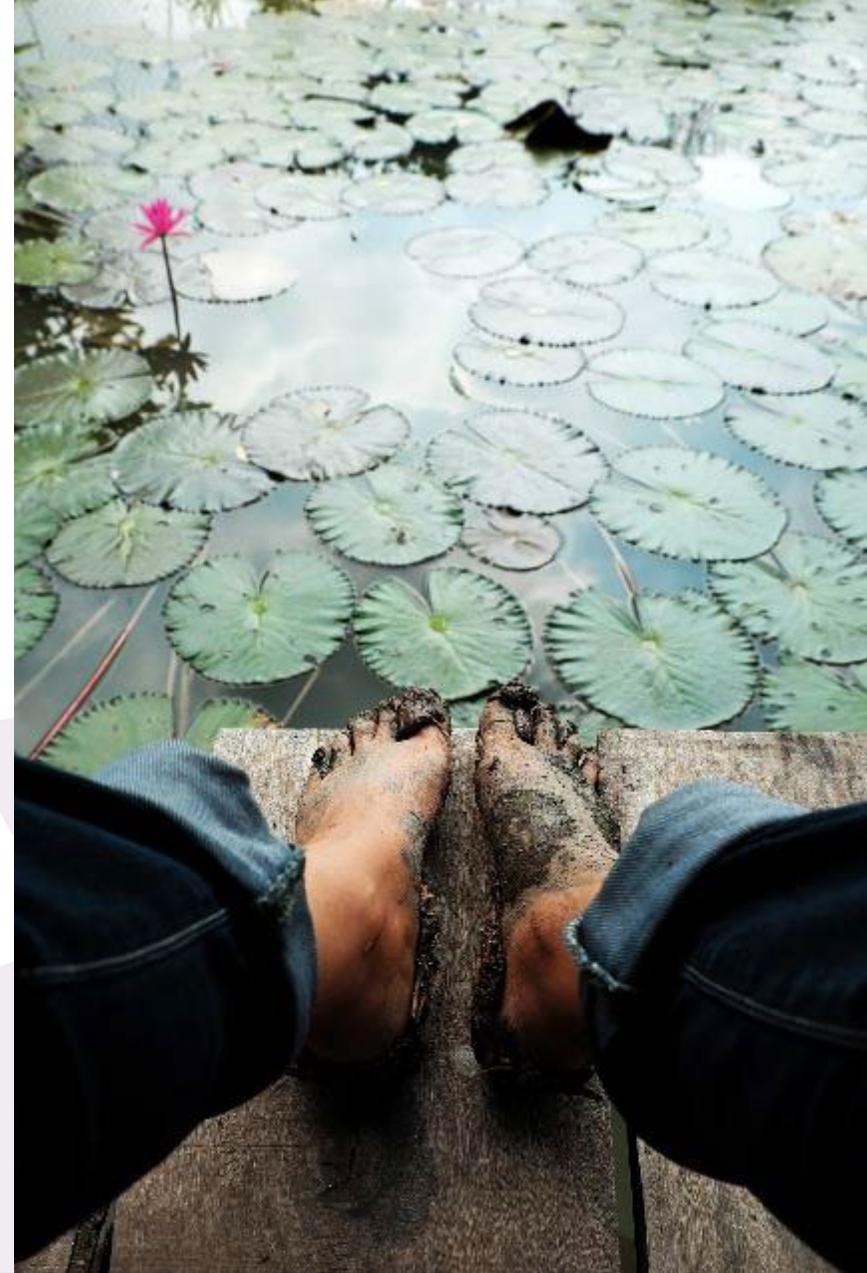
A Healthy Lifestyle for Grief & Beyond



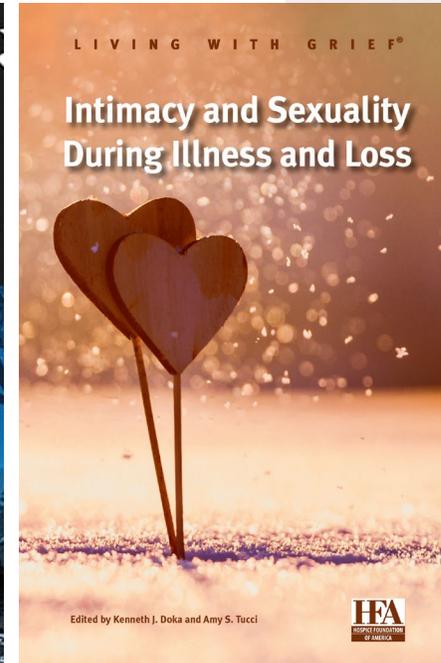
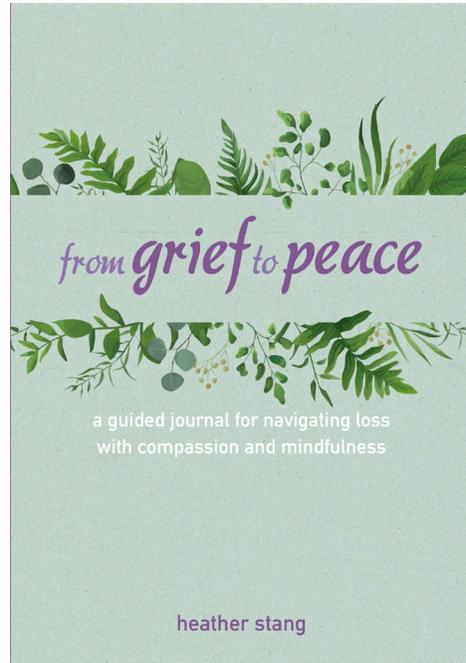
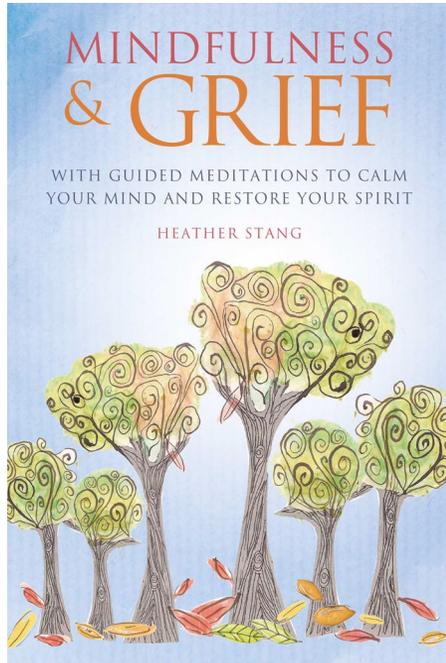
# 5 Domains of Posttraumatic Growth

- Increased Appreciation of Personal Strength
- Sense of New Opportunities & Possibilities
- Deepened Sense of Connection & Compassion
- Appreciation of Life in General
- Spiritual or Religious Growth or Change

Calhoun & Tedeschi (2006)



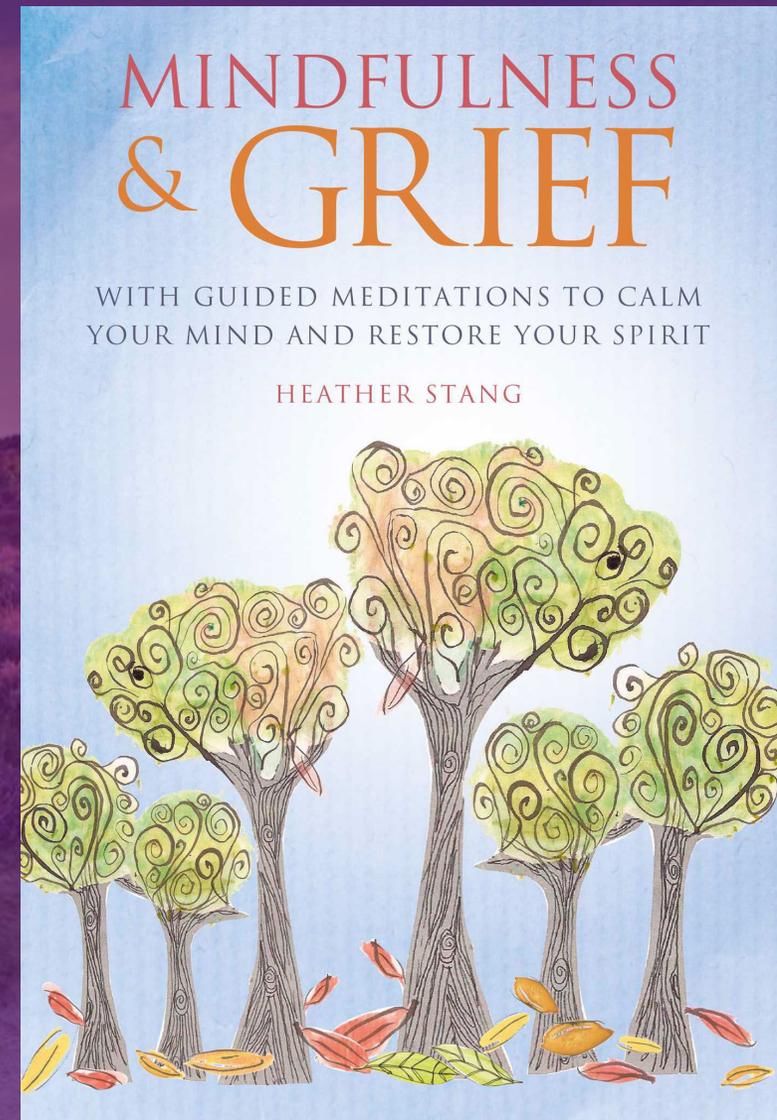
# Books By Or Featuring Heather



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.

Heather Stang

Mindfulness & Grief (2018, P. 15)

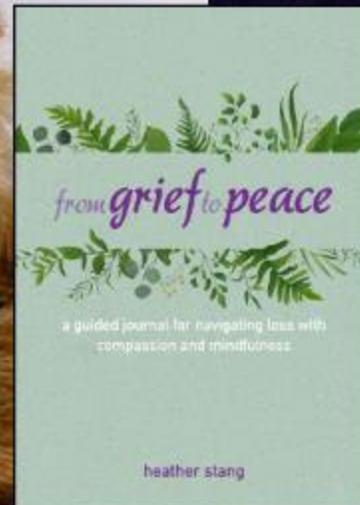
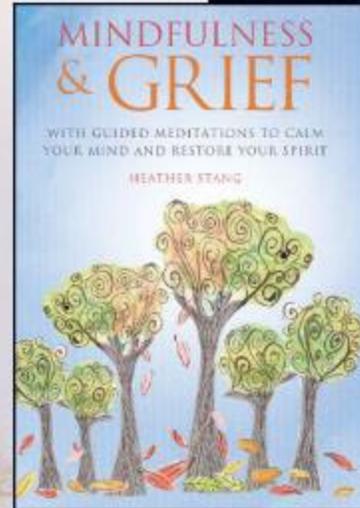




MINDFULNESS  
& GRIEF  
INSTITUTE



AWAKEN  
meditation for grief & online support



**Slides & Downloads:**  
<https://bit.ly/dom-caregivers>

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