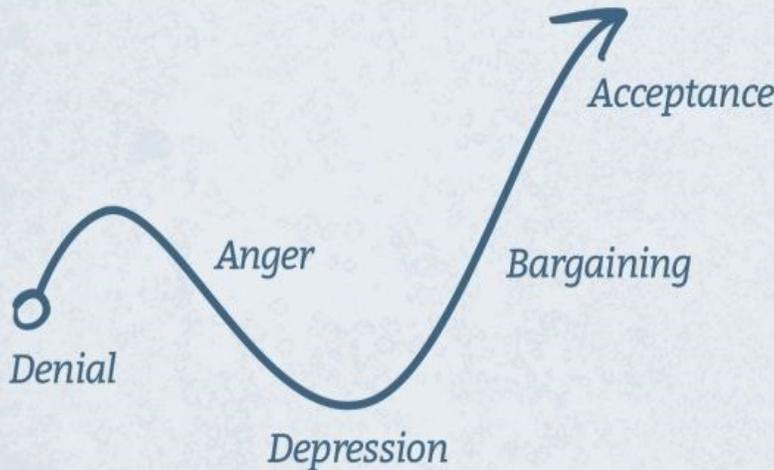




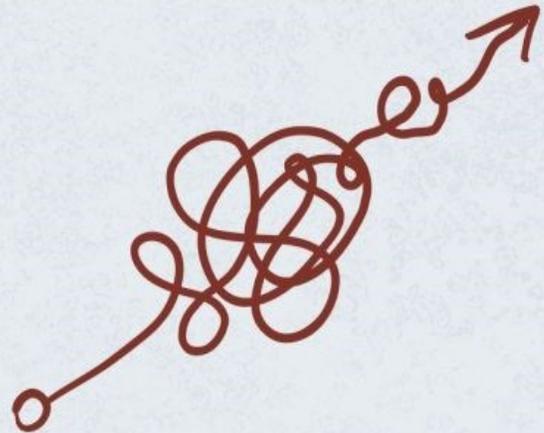
## Journey through grief: Understanding the Grieving Process

### Stages of Grief

The roadmap you expected:



The road you got:



#### Inside this issue:

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SCRIPTURES & PRAYER	2-5
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"God will give you the strength you need to get through each day. And on days when you feel you just can't go another step, God will carry you. God will also be your refuge. A place you can go and just hide in him. He will embrace you with his everlasting arms. He will be your safe place".



## Grief vs. Depression

**Grief:**

- Irritability
- Deep sadness
- Difficulty practicing acceptance
- Seeing or hearing things related to the loss

**Similarities:**

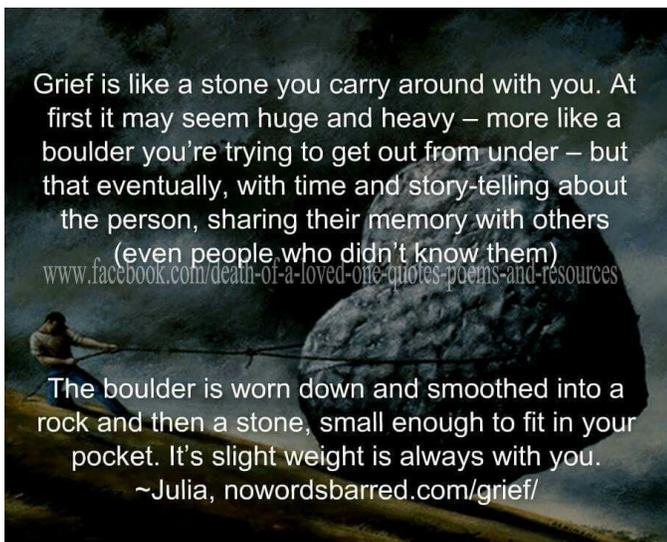
- Intense malaise
- Sleeping disruption
- Loss of appetite
- Weight loss

**Depression:**

- Guilt, unrelated to grief
- Preoccupation with worthlessness
- Prolonged difficulties functioning
- Suicidal ideation

**well**

One writer said this, "The grief you're going through is normal. You are experiencing so many different emotions in grief, and you're not used to having to process that many emotions. Your emotions all seem to be coming at a rapid pace, and because they're coming so quickly, you're overwhelmed by them. These emotions will slow down at some point. It won't be right away. Tomorrow you'll probably feel like you're losing your mind. Just hold on. It gets better"



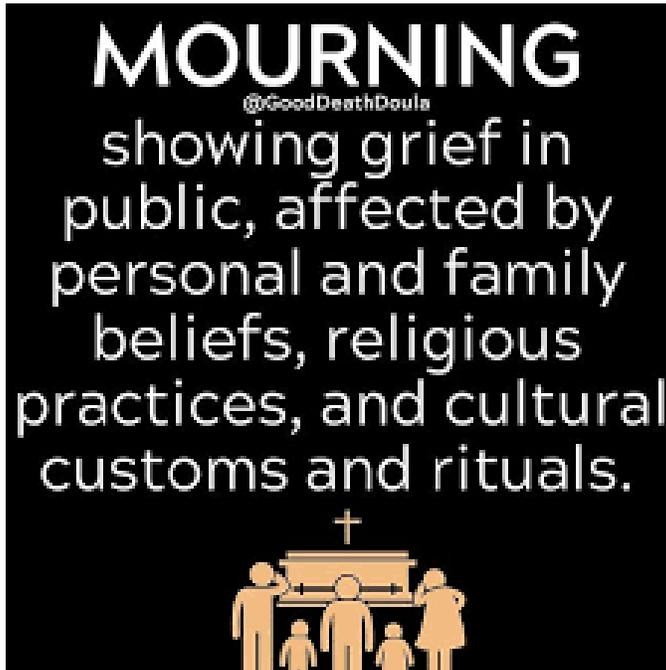
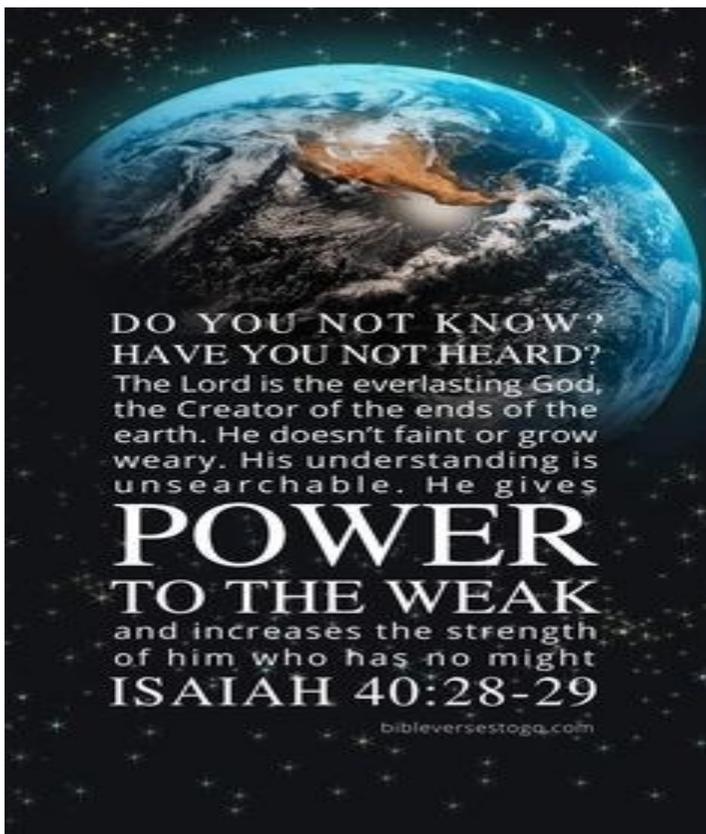
### WHAT IS GRIEF

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Grief is the process by which a person adjusts to the physical absence of someone with whom they continue to have a psychological or spiritual relationship.

During grief, people move either away from God or towards Him. But understand that when you move away from Him, you hinder yourself from receiving the help He offers. Listen to the help God wants to give to those who are weary and weak (Samuel J. Hodges, 1V & Kathy Leonard).



Understanding the difference between Grief and Mourning:

*"Grief is what's going on inside of us, while mourning is what we do on the outside."*

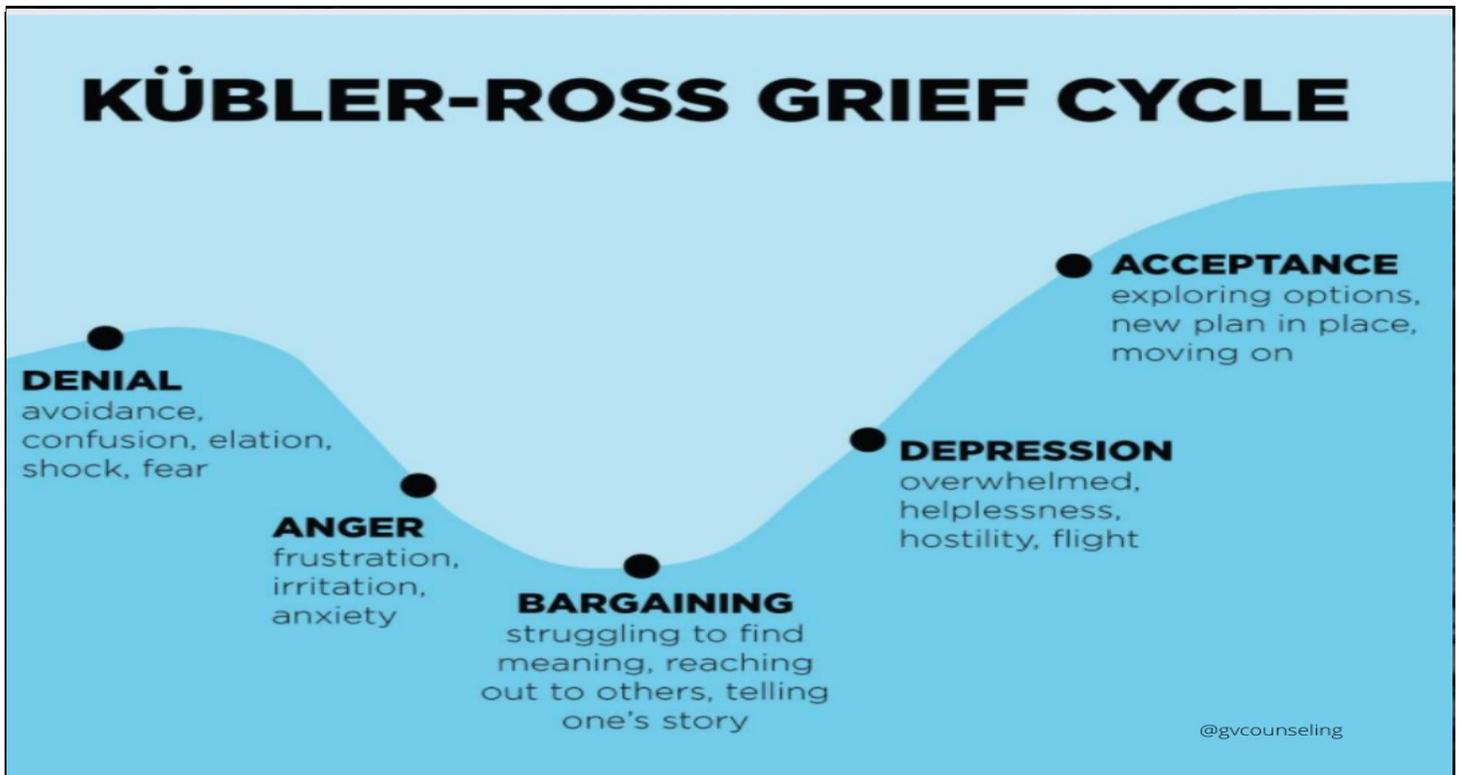
-David Kessler

What is the difference between grief and mourning?

Grief	Mourning
<ul style="list-style-type: none"> <li>Grief is what you think and feel on the inside when someone you love dies. Its numbness, sadness, anger, guilt and sometimes relief all rolled up into one.</li> <li>It's a pain in your gut and a hole in your chest.</li> <li>It hurts.</li> </ul>	<ul style="list-style-type: none"> <li>Mourning is <u>expressing</u> your grief, letting it out somehow.</li> <li>Your mourn when you talk about the death, write about it, punch a pillow, cry.</li> <li><b>Everybody grieves inside when someone they love dies. But only people who mourn really heal and move on to live and love fully again.</b></li> </ul>

The Needs of Mourning can be described as follows:

- Let yourself feel the pain of the loss. Remember the person you lost.
- ✦ Develop a new self-identify.
- ✦ Search for meaning.
- ✦ Let others help you, now and always. Accepting the reality of the death of your loved one



("The journey through grief": Wolfelt, A. D.)

### A Thought

You could think of grief as a passage. You are torn from the life you knew before. You are not who you were, and you are not yet who you will become. You are, in a very real way, between identities. The experiences are profoundly different for each of us- is confusing and agonising, and it may also be a doorway for transformation (Claire B. Willis & Marie Crawford Samuelson).



### Scripture verses for a grieving heart



"When it hurts so much that I can't talk, I cry. God knows that sometimes it is easier to cry, tears replace prayers when words don't come easy. For God, tears are more important than prayers. He calls the tears the silent prayers of a broken heart" (Michael Hayssus).



### Other Scripture Verses:

**Psalm 34:18:** "The Lord is close to the broken-hearted and saves those who are crushed in spirit."

In times of loss, we often feel alone and that there is no one who can lighten the burden that has been set on our hearts. But in this time of low spirits, God is even closer to us.

Nevertheless I  
am continually  
with You.  
You have  
taken hold of  
my right hand.

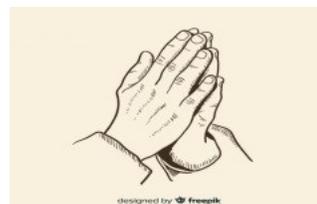


Psalm 73:23

Knowing-Jesus.com

### A Prayer

Dear heavenly Father, thank you that you are the source of all true joy in life. Your Word says that, even though I walk through the darkest valley in life, I will fear no evil, for you Lord are with me, your rod and your staff, they comfort me. The loss of my loved one feels like a dark valley. I ask that you lead me through this difficult time. May I find the comfort I desire in you and the strength I need in your Name. May your presence be with me every hour of the day and night? Abba Father, I thank you that whenever I am feeling sad and alone, I can always come to you for comfort and reassurance in Jesus Name. Amen.



## Understanding the grieving process

Grief can be painful and exhausting but most people find that in time, things become easier. Understanding the grief process and the common stages of the grief cycle can be really helpful - so it can be a good idea to familiarise yourself with these and keep them in mind during the periods when difficult feelings come up (Mind 2019).

Another writer said that, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no "normal" timetable for grieving. We read in the Psalms that David grew weary with the process of grief and cried to the Lord. Then he left the timing in God's hands.



## How to deal with the grieving process

- Acknowledge your pain.
- Accept that grief can trigger many different and unexpected emotions.
- Understand that your grieving process will be unique to you.
- Seek out face-to-face support from people who care about you.
- Support yourself emotionally by taking care of yourself physically.

Research has suggested that, in some people, grief comes in stages or as a cycle. The grief cycle as a whole is sometimes referred to as 'mourning' and describes

how people adapt following a loss.

It is completely an individual process but can be influenced by things such as culture, customs, rituals and social expectations. (Bereavement -Mind 2019).

## Grief Model

### Stages of Grief

Different studies describe the stages of the grief cycle in slightly different ways, but the most common stages are:

- Denial - feelings of shock, disbelief, panic or confusion are common. For example, "How could this happen?", "It can't be true".
- Anger - blaming yourself, blaming others and hostility are all common feelings and behaviours - "Why me?", "This isn't fair", "I don't deserve this".
- Depression - feeling tired, hopeless, and helpless, like you have lost perspective, isolated or needing to be around others - "Everything is a struggle", "What's the point?"
- Bargaining - feelings of guilt often accompany questions like "If only I had done more", "If I had only been..."
- Acceptance - acceptance does not mean that somebody likes the situation or that it is right or fair, but rather it involves acknowledging the implications of the loss and the new circumstances, and being prepared to move forward in a new direction.

Please bear in mind that these stages do not always appear in the same order for everybody, and some people experience some stages and not others. It is

common to move forwards and backwards through the stages in your own way and at your own pace. Some people may experience grief outside of the cycle altogether (Mind 2019).

Remember to get support if you're struggling to think straight, and get back to your daily activities.

<p><b>CRUSE NATIONAL HELPLINE</b> <b>0808 808 1677</b></p> 	<p>MONDAY <b>09:30 - 17:00</b></p>
	<p>TUESDAY <b>09:30 - 20:00</b></p>
	<p>WEDNESDAY <b>09:30 - 20:00</b></p>
	<p>THURSDAY <b>09:30 - 20:00</b></p>
	<p>FRIDAY <b>09:30 - 17:00</b></p>

(Please see other Bereavement contact information below).

Grief model: The Four Tasks of Mourning

The word tasks is used because the connotation of "things that have to be done" Psychologist J. William Worden provides a framework of four tasks that help us understand how people journey through grief. Healing happens gradually as griever's address these tasks in no specific order and going back and forth from one to another over time. (Our House-Grief Support Centre).



## Worden's Four Tasks of Mourning

To accept the reality of the loss.

**TASK #1**



**TASK #2**

To process the pain of the grief.



**TASK #3**

To adjust to a world without the deceased.



**TASK #4**

To find an enduring connection with the deceased while embarking on a new life.

Reference: Worden, W. (2009). Grief Counselling and Grief Therapy - A Handbook for the Mental Health Practitioner. New York, USA: Springer Publishing Company.

How to engage: Task One: To accept the reality of the loss

Accepting the reality of the loss means accepting that your loved one has died. It is natural in the early days to want to deny what has happened, perhaps wanting to avoid the pain of grief.

You may not want to think about how they died, which can get in the way of accepting the reality of their death.

Rituals and ceremonies when someone dies can help you to accept that the person you loved has physically gone.

Remember that denial hinders grieving and in the long term can make you feel worse (Psychology tools).

Task 2 - To process the grief and pain

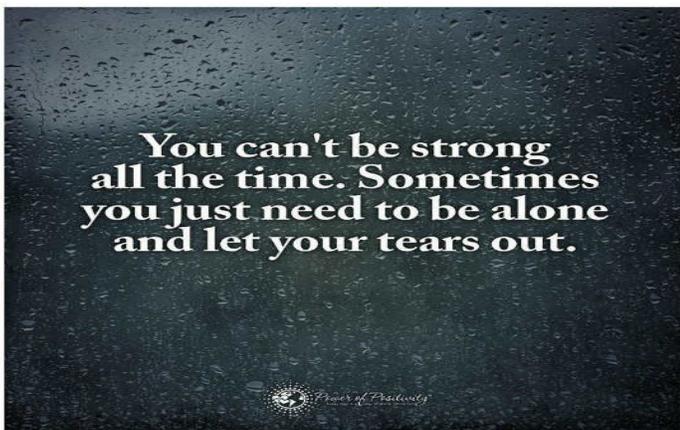
"When tears come... I am swimming in a hallowed stream... My heart is at work. My soul is awake"

- This task basically states that you should allow yourself to feel. When we grieve, there's no

telling what emotions we might feel.

- J.W. Worden acknowledges that for each person, grief is different. It is natural to feel any emotion like sadness, longing, anger, relief, despair, anxiety, numbness, guilt, shame or regret.
- Whatever you feel, it's important to find ways to process and deal with your pain - however it affects you. This could mean talking about it with people you trust, or seeking counselling.

Remember that avoiding our feelings does not make them go away, and can make the grief persist.



Tears are prayers too. They travel to God when we can't speak (Psalm 56:8)

### Task 3: To adjust to a world without the deceased is missing

"The gaping hole left by a loved one cannot be filled by any person, hobby or distraction".

This adjustment happens over a period of time and may require three types of adjustments; external, internal, and spiritual.

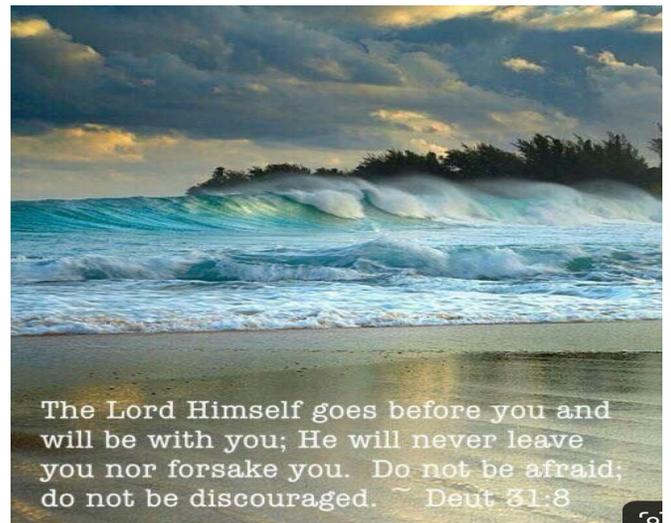
External adjustments- include taking on responsibilities (living alone, raising children alone, managing finances, companionship, independence, household chores etc.).

Internal adjustments - refer to changes in your self-image or sense of self. For example, after the

death of a spouse, the surviving spouse may struggle because they are no longer defined as part of a couple; instead they are now defined as a widow or widower).

Spiritual Adjustments -how the death affects one's beliefs, values, and assumptions about the world

One writer said that, you don't have to be a saint to get through grief. As a Christian, you can still doubt or wonder why God allowed this to happen. You may not like the answer that death is a necessary consequence (the Genesis story) because God is just and holy. But deep in your heart, all you need is a mustard seed; a little mustard seed. God promises that you will eventually be able to move through your mountain of grief and reinvest in life fully and faithfully at the end of your detour journey of grief. Know that He is already alongside you in this process.



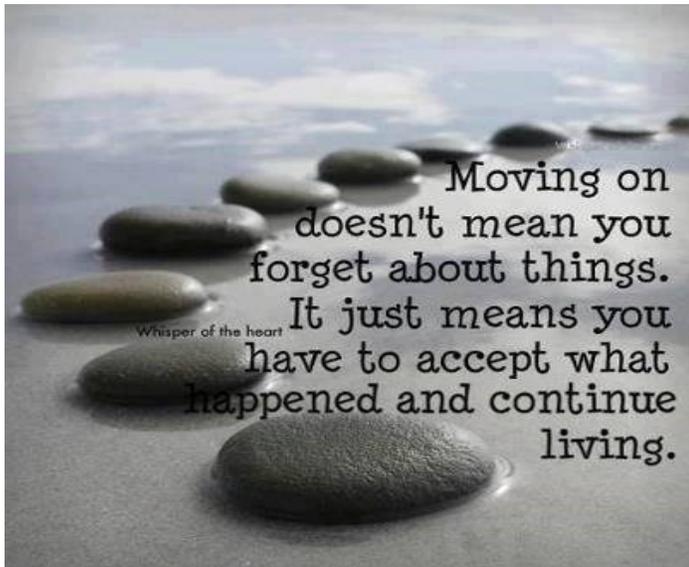
Remember to ask for help when you need it!

### Task 4: To find an enduring connection with the deceased while embarking on a new life

According to J.W. Worden, the fourth task means finding ways to continue an emotional connection

with your loved one. This, he says, involves living your new life whilst also holding valued memories of your loved one and allowing them to live on in your heart and memories.

Remember that:

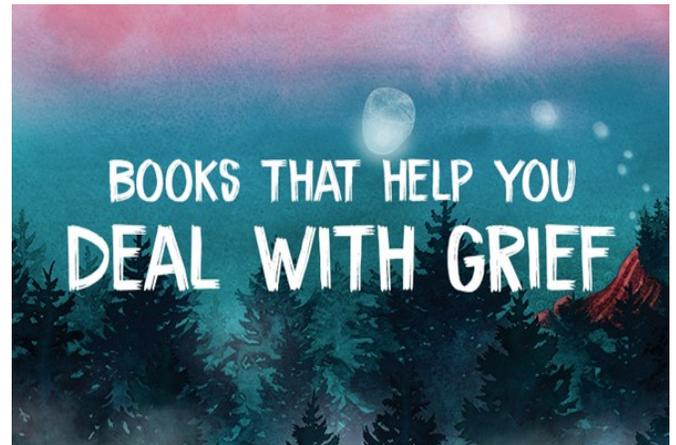


Please remember to bear in mind that lockdown has eased but COVID is still out there! If at all possible, wear your masks especially in crowded places and maintain social distancing.



Be blessed; Stay safe

*The Bereavement Café*



### Resources on Grief

you can find most of the books below on Amazon

<https://www.amazon.co.uk/>

- Donna R. Williams & JoAnn Sturzl– Grief Ministry
- Norman Wright – Experiencing Grief
- Marty Tousley– Finding Your Way Through Grief: A Guide for the First Year
- William Worden – Grief Counselling and Grief Therapy
- Tom Zuba – Permission of Grieve : A New Way To Do Grief
- Malcolm Duncan: Good Grief –Living with Sorrow and Loss
- Norman Wright – Experiencing Grief
- Mary Williams and Steve Fraser – Someone has died suddenly
- Kathleen O’Hara – **A Grief Like No Other: Surviving the Violent Death of Someone you Love**
- Pam Vredevelt – Empty Arms: Hope and Support for Those Who Have
- Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy



## Useful Contacts

### Please note

We recognise that "enduring the pain of a loved one is one of the most difficult challenges we can face in life. At its core, a loss creates a void, a hole in your life that must be faced". If you feel at any time that you are not coping with bereavement, having suicidal thoughts or any other negative emotions, please do not sit in silence. Help is available!

If you are not able to talk about your feelings with a family member or friend, you can contact:



**Free, local support for you** **Bereavement HELPLINE**

By calling our Bereavement Support Helpline, you can:

- Benefit from a listening ear and emotional support
- Find information & guidance on what to do after someone has died
- Discover free, local support in your community, tailored to you

Call our Helpline now on **01279 967670**

St Clare Hospice

### OR

- Your Pastor or a member of the pastoral team
- Your GP
- [www.wntcg.org/bereavement](http://www.wntcg.org/bereavement)
- [www.wntcg.org/care](http://www.wntcg.org/care)
- Samaritans Helpline: **08457 909090**  
24 hours a day
- Cruse Bereavement Care: 0808 808 1677
- Bereavement Trust Helpline: 0800 435 455, from 6-10pm
- Association of Christian Counsellors (ACC)
- On the website- Homepage (ACC), Click on 'Find a Counsellor', then scroll down the page and enter your postcode for a list of counsellors in your area. You could Telephone 024 7644 9694 and someone will guide you through the process.

### Young People -Bereavement services/Emotional support Grief Encounter

- Provides support to children and families who have been bereaved via phone, online chat and email.

- You can also take part in group activities with likeminded families at their Fundays, Grief Groups and Remembrance Days.
- Phone open Monday-Friday 9am-9pm: 0808 802 0111

Email: [griefftalk@grieffcounter.org.uk](mailto:griefftalk@grieffcounter.org.uk)

### Winston's Wish

- Provides support to bereaved children, families and any adults supporting a young person through bereavement.
- Open Monday-Friday 9am-5pm.
- Phone: 08088 020 021
- Email: [ask@winstonswish.org](mailto:ask@winstonswish.org)

Their [online chat](#) service provides support directly to young people. Open Fridays 10am-1pm.

### Cruse Bereavement Care

- Provides support to anyone affected by bereavement.
- Helpline open Monday-Friday 9.30-5pm, with extended hours on Tuesday, Wednesday and Thursday evenings when they're open until 8pm. Phone 0808 808 1677.





# Bereavement

## How other people can help



### Do remember that appearances can be deceptive

I may look as if I'm coping okay, but inside I may be falling apart.

### Don't be unprepared for the truth

Don't ask me how I am if you only want to hear "I'm okay thank you."



### Do invite me out to coffee or lunch

Just to change the scene for a while.



### Don't tell me that you've been too busy to phone or get in touch

Better to say "I didn't know what to say."



### Do be ready to listen

To all the jumble of emotions I may be feeling without being judgemental.

### Don't try and give me answers

It is unlikely that you will have any that will satisfy me – just allow me to express all my fears, questions and doubts.



### Do encourage me

To be kind to myself and not to push myself to meet other people's expectations of how I should be.

### Don't measure the way I react

Or the emotions I express by your own expectations or experience. My grief is unique to me.



### Do be aware that there will be times when I don't feel able to talk

But this doesn't mean I won't want to talk at another time.

### Don't feel you have to do something

Just be there.



For more information on bereavement support please visit: [www.careforthefamily.org.uk/family-life/bereavement-support](http://www.careforthefamily.org.uk/family-life/bereavement-support)