



Date: 12/23/2024

Time: 10 AM until 12 PM

Location: 1750 West 103rd Street Chicago IL, 60643

Virtual info:

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

Community Topic: Coping with Grief during the Holidays

Presenter: Mr. Anthony Dillon PLE, Grief Coach Assistant

The training appears to have been needed as evidence of the response from the audience. Many partners attended and some community members, but there was a significant amount of PLE's who expressed they were struggling during the holidays with grief and loss.

Overview:

- What is Grief
- What are some personal factors that influence grief
- How to deal with Grief

Fact: According to a recent survey, around 36% of Americans reported not wanting to celebrate the holidays due to feelings of grief or loss, highlighting the significant number of people who struggle with grief during the holiday season; this data suggests that a substantial portion of the population experiences significant difficulty navigating the holidays when grieving a loved one. In addition, A [2021 national poll](#) found that nearly 40% of Americans had no interest in celebrating the holidays due to feelings of grief and loss. Lastly, Grief is complicated and often unpredictable. It comes in waves and sometimes, like the ocean, it's calm and chill. Other times, it's turbulent and violent. We could be in the middle of a holiday party or enjoying the company of friends one on one when suddenly we break out in tears. Sometimes there might be triggers, such as conversations, photographs, or being in places that you were with your loved one, that cause the release of this [emotion](#), while other times it could be a spontaneous eruption. Some of our feelings can be positive or negative ones. <https://www.psychologytoday.com/us/blog/the-empowerment-diary/202212/dealing-grief-during-the-holidays>

What is Grief:

Grief is a natural and normal reaction to loss. We go through grief to heal. It is defined as deep sorrow, especially caused by someone's death.

- **Anticipatory Grief:** A type of grief a personal experience before a loss. For example, someone you know has been diagnosed with a chronic and incurable illness.
- **Disenfranchised Grief:** a Type of loss experienced when a loss of life has occurred, but it can't be openly acknowledged publicly, mourned, or socially accepted and or supported. acknowledged, For example, a medical physician or professional grieving the loss of a patient publicly.

What are some personal factors that influence grief:

- Death of a loved one
- A miscarriage
- A divorce or separation
- Disruption in life such as illness, or disability
- Death of a pet
- Loss of work

Some Symptoms of Emotional Grief include but are not limited to:

- Sadness
- Denial
- Shock
- Anger
- Guilt
- Intense emotional pain

Some Symptoms of Physical Grief include but are not limited to:

- Tightness in the chest
- Dizziness
- Headache
- Fatigue
- Weight gain/weight loss
- Irritability
- Aggression
- Risky behaviors: such as misuse of substances and alcohol
- Insomnia
- Loss of interest in daily activities

Some Symptoms of Cognitive Grief include but are not limited to:

- Confusion
- Poor concentration
- Hallucinations

Fact:

Unaddressed grief can affect the body's mental and physical well-being and can cause **Panic disorders, Depression, Stress, Biological effects, Health conditions Pain disorders, and Gastrointestinal problems.**

Seven Stages of Grief:

1. **Denial:** Unable to accept the reality of the loss
2. **Anger:** A common emotion expressed toward those close to the individual.
3. **Bargaining:** Asking for high power to remove the pain by sacrificing something else.
4. **Depression:** An individual who may be withdrawn, sad, or showing isolation
5. **Acceptance:** An individual accepts the loss is permanent
6. **Shock:** A feeling of disbelief
7. **Testing:** An individual starts to investigate other ways to handle their grief

Suggestions for dealing with grief:

- **Positive Reframing:** Looking at the bright side, Focusing on good memories
- **Humor:** Laughter is good for the soul. Find healthy things or places that make you smile and feel good.
- **Spirituality:** Religion, higher power, Mindful practices
- **Acceptance:** The mourning period is over and now you are managing the grief
- **Self-care:** Journaling, medical assistance if needed, Therapy, joining support groups, finding a new hobby, and creating a safe space for yourself while you heal.

Resources for Grief and Loss support:

Betterhealth.com

Curse bereavement.org

311/211/988

Advocate Health Care

Little company Mary Hospital

Rush University System for Health

Lurie Children's Hospital

Help4Grief.com

TEECH Foundation

Brighter Behavior Choice Recovery Café

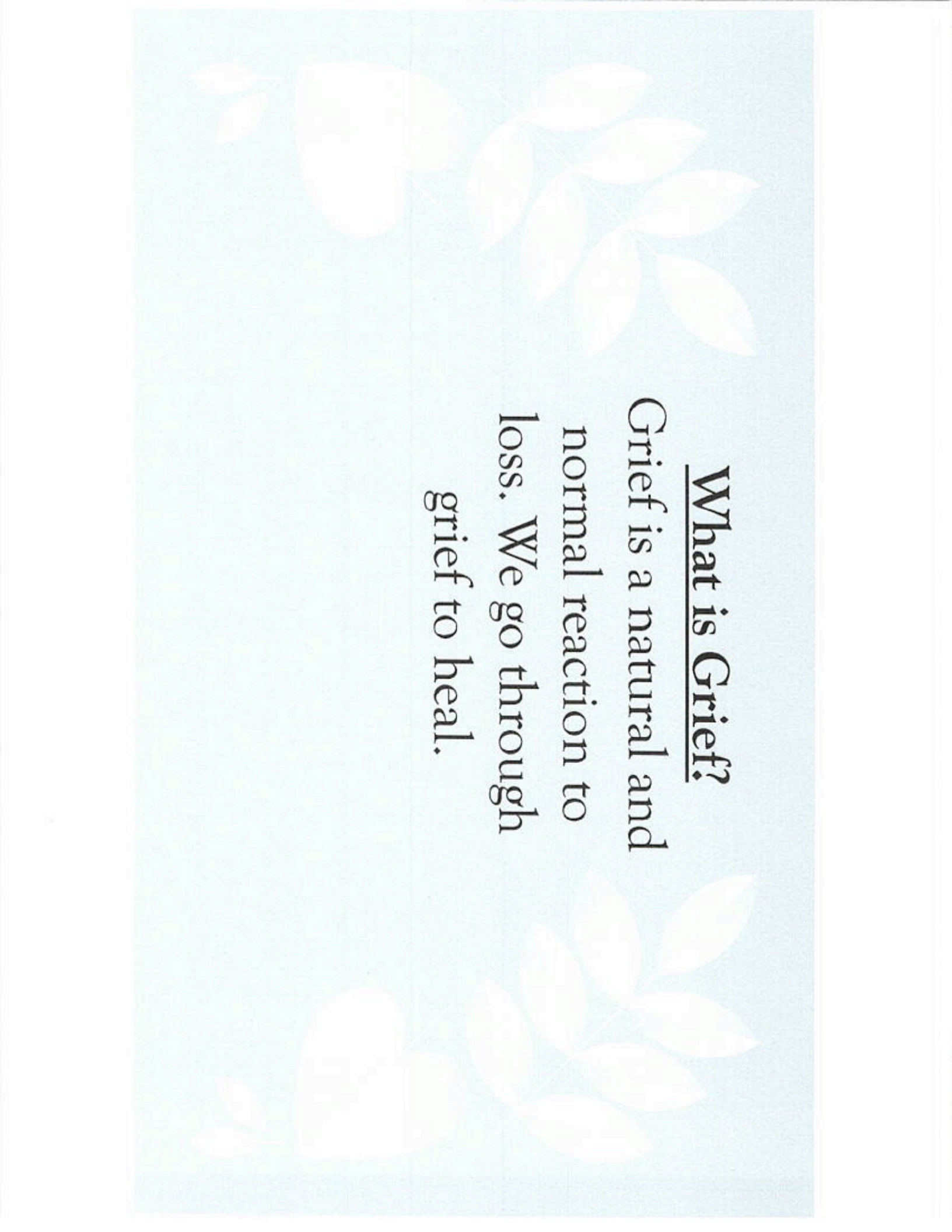
Grief Share (Support Groups)

Gilda's Club Chicago (Support Groups)

Meetup (Support Groups)

**Coping with Grief
During the Holidays
Presented By
Mr. Anthony Dillon/
Grief Coach Assistant**





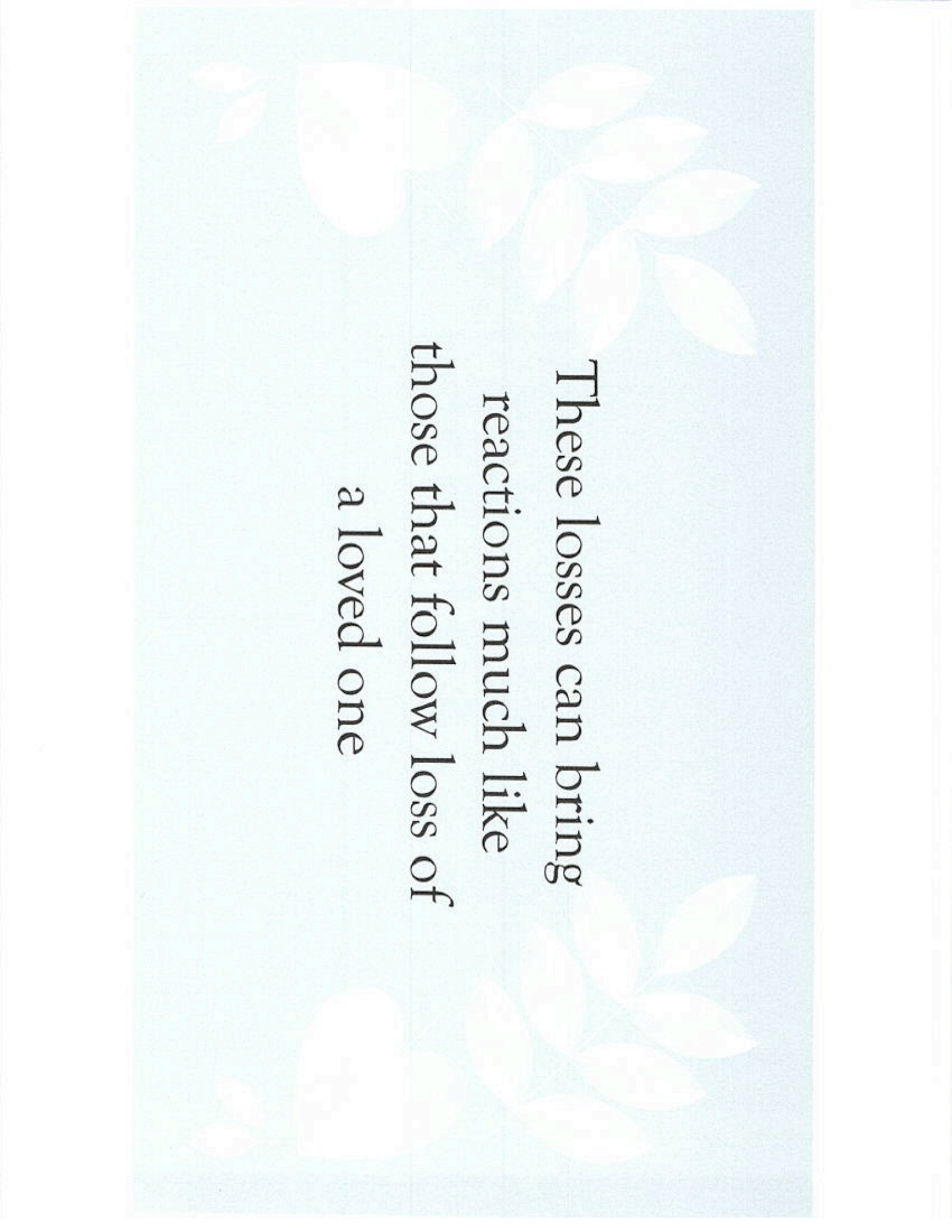
What is Grief?

Grief is a natural and normal reaction to loss. We go through grief to heal.

Grief can follow many kinds of loss


Such as:

- ❖ Death of a loved one
- ❖ A Miscarriage
- ❖ A Divorce or Separation
- ❖ Learning you have a disability or serious illness
- ❖ The death of a pet
- ❖ Loss of a job



These losses can bring
reactions much like
those that follow loss of
a loved one

Grief can bring a wide range of emotions from sadness, anger, numbness, disbelief, fear and denial



*During time of grief
everyone does grieve
differently.*

*How you grieve may depend
on different factors*

Those factors may be the circumstances of the

loss

The death of a child,
parent, spouse or life
partner

A sudden or violent death

A death due to suicide


Or a death due to an illness




There are personal factors that influence how people grieve as well
Gender: Men and Women may have been taught different ways of
grief and loss.

Men may have been taught
to be strong and less
emotional. They may take
that as they should keep
their feelings held in and
that can affect them as life
goes on.

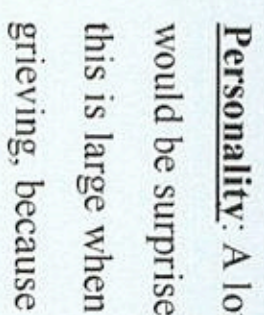
Women are normally taught it's fine to
express your feelings and be able to talk
about what's bothering you during grief and
loss.



Age and Life:
experience can affect
your understanding of
death and your sense of
self when you experience
a loss.



Culture and Faith: May
play a large part of how
someone grieves,
depending on what you
were taught or the way
you were raised
according to your rituals,
beliefs about grief and
loss



Personality: A lot of people
would be surprised that
this is large when
grieving, because
someone may be shy and
will hold their feelings
in. Personality traits
often lead to different
ways of coping with
loss.

Common reactions to loss are:


- Shock and Disbelief
This is a typical first reaction after learning about loss of a loved one
- Anger or Resentment
This is common as well, even if there is no one to blame for the death or loss
- Guilt

Is when you may regret or feel guilty about somethings you did or didn't get to do

- Fear or Anxiety

This is when a loved one's death may cause you to feel worried, panicky or helpless.

These are just to name a few.



Open Q and A session at
this time for open interactive
, comments and ways I can
help one another deal with
Grief and loss during the
holidays.

**Thank you for joining
me tonight**