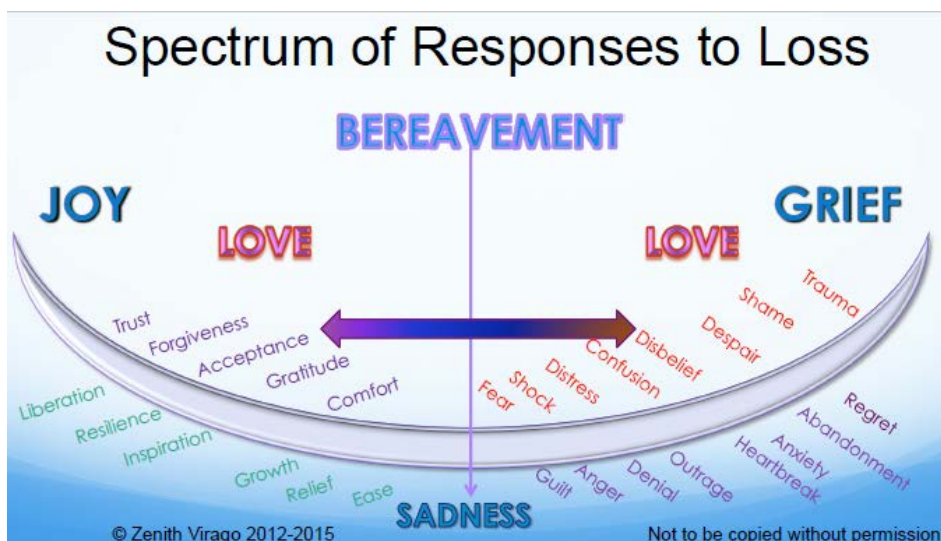


# BEREAVEMENT SUPPORT

## Talking Grief

### The New Science of Bereavement

- we are more resilient than we think
- we are 'wired' to go through grief (resilience)
- we move with our grief and can integrate it positively into our life
- not invariant steps, stages, phases, work,
- part of human development/growth – natural and normal
- we **revise, rebuild & relearn** our lives and world
- we oscillate between the loss & how life is being revised, rebuilt, restored, resurrected
- we react and respond - physically, mentally, spiritually not just emotionally (behaviours, thoughts, meanings, feelings)
- Not about letting go, closure, forgetting, moving on, coping, recovery even healing. (Grief is not an illness)
- spiritual approach (meaning finding and meaning making) rather pathological
- relational more than theoretical
- we grieve in community



*Accepting the reality of the death, experiencing the pain of loss, adjusting to the world and finding an enduring spiritual connection with those who have died in the midst of embarking on a new life.*

*Whenever we experience change, we integrate changes into our lives. While this is most dramatic when someone dies, it is important to be mindful of the choices and challenges that come with change.*

Death does not end our story...

Death does not end our relationships