

# Self-care for Healthcare Professionals in Grief

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I have no conflicts of interest to disclose



# Objectives

- 1) Recognize different causes of grief and how they manifest physically, emotionally and mentally
- 2) Understand the choices that can be made for your personal well-being and how to achieve them
- 3) Create one thing that will support your individual self-care
- 4) Demonstrate simple self-care practices

# Grief Events

- Death of a spouse, family member, friend, pet
- Divorce/marital separation
- Holidays
- Imprisonment
- Personal injury or illness
- Marriage
- Dismissal from work
- Marital reconciliation
- Retirement
- Change in responsibilities at work
- Change in working hours or conditions
- Change in residence
- Change in schools
- Change in recreation
- Minor violation of the law
- Loss of Trust, Loss of Approval, Loss of Safety and Loss of Control of my body
- Child leaving home
- Outstanding personal achievement
- Revision of personal habits (eating, exercise, addictions)
- Change in your health or health of family member
- Pregnancy
- Sexual difficulties
- Gain a new family member
- Business readjustment
- Change in financial state
- Change to different line of work
- Change in frequency of arguments
- Foreclosure of mortgage or loan
- Change in church activities
- Change in social activities
- Minor mortgage or loan
- Change in sleeping habits
- Spouse starts or starts work
- Begin or end school
- Change in living conditions
- Trouble with boss/coworkers
- Vacation

# Manifestations of Grief

## **Physical**

Insomnia/somnolence

Nightmares

Fatigue

GI issues

Inability to eat/excessive, compulsive eating

Heart palpitations

Stress induced cardiomyopathy

Shortness of breath

Headaches

Aches/Sore muscles

# Manifestations of Grief

## Emotional, Mental and Spiritual

Increased irritability

Numbness/apathy

Bitterness

Detachment

Inability to experience or show joy

Preoccupation with loss

Absent-minded

Doubt/question your faith

Anger

Profound sadness/depression

# Disenfranchised Grief

Grief that cannot be openly expressed because the death or other loss cannot be publicly acknowledged (expressed)

What next?

Awareness

Acceptance

Action



# Self-care vs. Selfish

Self-care...The practice of taking action to preserve or improve one's health

Selfish...Lacking consideration for others; concerned chiefly with one's own personal profit or pleasure

# Self-care for YOU

Walk in the woods

Play with your dog

Be honest with what you are experiencing

Aromatherapy

Workout at the gym

Play with your kids

Cry/Scream/Punch a pillow

Massage

Yoga

Talk with others

Pilates

Acupuncture

Paint

Dance

Watch a movie

Read a book

Draw

Take a class

Date night with your partner

Write

Set a goal and work towards it

See a therapist, counselor or coach

Get together with friends

Ask for help

Sing

Meditate

Pray

Listen to music

WHEN YOU CAN'T CONTROL  
WHAT IS HAPPENING  
AROUND YOU, CHALLENGE  
YOURSELF TO CONTROL  
THE WAY  
IN WHICH  
YOU  
RESPOND .




THAT IS WHERE  
YOUR TRUE POWER LIES.

I love the kind of  
hugs where you can  
physically feel the  
sadness leaving  
your body.



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IF PEOPLE SAT OUTSIDE  
AND LOOKED AT THE STARS  
EACH NIGHT, I'LL BET THEY'D  
LIVE A LOT DIFFERENTLY.