

**Grief Changes Everything with Amanda Carson, RSW, shiftwpg@gmail.com,
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We experience changes on a mind, body, soul, social, financial level following a loss.

Mind - we may become forgetful, experience brain fog, anxiety, depression, overwhelm

Body - we may over/under sleep, over/under eat, feel tense, experience burnout

Soul - we may lose a sense of purpose, meaning, identity, connection to something greater than ourselves

Social - we may lose relationships, feel alone/isolated, have difficulty working/going to school

Financial - we may lose income, financial support, may need to take time away from work, have expenses to cover

Self-Compassion can be helpful to practice while we are grieving and moving through changes.

Resource: www.self-compassion.org

Self-Compassion Break:

1. Recognize this is a moment of suffering (this hurts)
2. Remind yourself of your common humanity (I am not alone)
3. Offer self-kindness (may I be compassionate towards myself)

Journal/reflection prompts:

How am I continuing to foster an inner relationship with the person I lost? e.g. speaking to them, reminiscing (your relationship has changed but it can continue in some form)

What is most important/meaningful to me in my life at this time? e.g. spending time with those I have in my life, alone/quiet time (allowing yourself time for enjoyment)

Asking, what do I need as I continue to face ongoing changes? What is going to be the most helpful to me? e.g. speaking to someone I trust, seeing a counsellor, rest, nutrition, movement

Growth/finding meaning following a loss:

Changes in what we value most, how we want to spend our time, recognizing what is most important, supporting others, living a healthier lifestyle.