



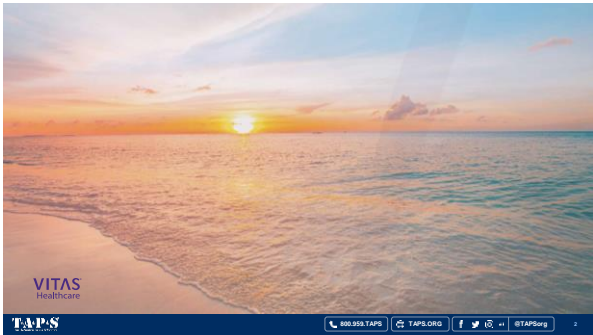
**Grieving While We Work,
Working While We Grieve**

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Presented by Boeing



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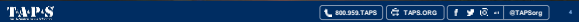
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Objectives

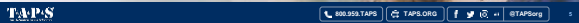
- Learn how to work while grieving
- Understand that survival is one day at a time
- Determine "Where do I go from here?"
- Define successful grieving



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What is Grief?


- Grief is the individual's response to loss
- Grief is generally experienced in four ways:
 - Emotionally
 - Socially
 - Physically
 - Spiritually



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Emotional

- Depression or anxiety
- Anger, irritability or restlessness
- Feeling overwhelmed, unmotivated, and un-focused
- Racing thoughts or constant worry



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Emotional

- Problems with memory and concentration
- Numbness
- Yearning
- Shock
- Relief
- Bitterness
- Detachment
- Pre-occupation with loss
- Inability to show or experience joy

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Grief versus Depression

Grief is a natural response to any loss including physical, cognitive, emotional and spiritual responses. Grief is unique to each individual

Depression is a clinical condition that is diagnosed by a medical professional. Clinical depression involves a certain number and combination of symptoms to be present

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Grief Signs and Depression Signs

Grief	Depression
There is an identifiable loss	A specific loss may or may not be identified
The person's focus is on the loss	The person's focus is on self
Fluctuating ability to feel pleasure	Inability to feel pleasure
Fluctuating physical symptoms	Prolonged and marked functional impairment
Closeness of others is usually comforting	Persistent isolation from others and self
Able to feel a wide range of emotions	Fixed emotions and feeling "stuck"
May express guilt over some aspect of the loss	Has generalized feelings of guilt
Self-esteem is usually preserved after the loss	Feelings of worthlessness and self-loathing common
Thoughts of death are typically related to wanting to be reunited with the deceased loved one	Thoughts of death related to feeling worthless, undeserving of life or unable to cope with the pain

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Social

- Withdrawal
- Isolation
- Interpersonal conflict
- Unrealistic expectations of others
- Change in activity level
- Avoidance of places or reminders of the deceased



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Physical

- Weakened immune system
- Broken Heart Syndrome/heart problems
- Stress
- Panic attack
- Depression
- Poor sleep or staying asleep
- Alcohol and/or drug abuse

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Spiritual


- Asking/thinking/wondering "Why is God punishing me?"
- Questioning purpose of life and spiritual beliefs
- Turning to prayers is not a source of comfort
- Avoiding religious services
- Religious images cause emotional upset
- Withdrawal from communities of faith

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Routine tasks will require more energy

- Learning new processes
- Learn new technology
- Co-workers asking about how you feel related loss
- The need to update contacts and beneficiaries
- Back up childcare plans
- Learning new personnel
- Managing time and traffic
- Preparing and dressing for work
- Sustaining energy and motivation to complete tasks



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Only when it is dark can you see the stars.
—The Rev. Dr. Martin Luther King, Jr.



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Support Strategies

Emotional

- Bereavement support groups
- Professional counseling
- Family and Friends

Social

- Slowly re-engage with activities
- Re-connect with relationships where there has been distance
- Consider remote as well as in-person activities



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Support Strategies

Physical

- Good nutrition
- Routine exercise
- Medical check ups
- Sleep
- Good hygiene

Spiritual

- Prayer and meditation
- Visualization
- Nature appreciation
- Reading
- Journaling



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Music as a support strategy

- Accessible
- Source of Intimacy
- Portable
- Inspires
- Relevant and familiar
- Encouragement to keep moving forward in life



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Music as a support strategy

(continued)

You've Got A Friend, James Taylor
1971



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Survival is One Day at a Time

“There are two days a year you can do nothing about, yesterday and tomorrow.”

—The 14th Dalai Lama, Tibetan Spiritual Leader



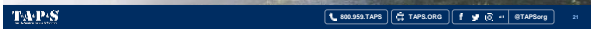
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Where Do I Go From Here?

- From disbelief and confusion to putting what happened in context
- Believe in yourself
- Love yourself
- You matter



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You are braver than you believe, stronger than you seem, and smarter than you think.

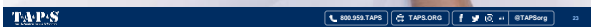
—Walt Disney, American entrepreneur, animator, writer, voice actor, and film producer



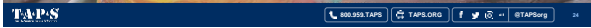
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Successful Grieving Includes...

- Integrating the realities of loss with life as you move forward
- Rebuilding healthy life-style routines (sleep, exercise, nutrition)
- Re-engaging in community
- Re-connecting with friends and family
- Re-entering or entering the workforce



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Questions?

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Upcoming TAPS Institute Programs

- August 17** **Asking for Help When You Are Grieving**
Live Webinar, noon-1:00pm ET
Kenneth J. Doka, PhD, MDiv, Senior Vice President,
 Grief Programs, Hospice Foundation of America (HFA),
 TAPS Advisory Board Member

- September 21** **From Grief to Peace: Journaling for Life After Loss**
Live Webinar, noon-1:00pm ET
Heather Stang, MA, C-IAYT, Founder, Mindfulness &
 Grief Institute

Visit taps.org/institute to learn more and RSVP!

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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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