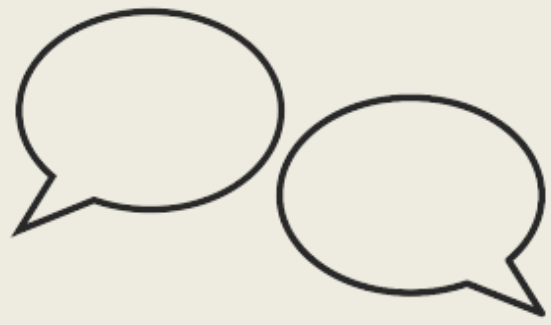




GRIEF & LOSS

by the Student Counselling Unit (SCU)





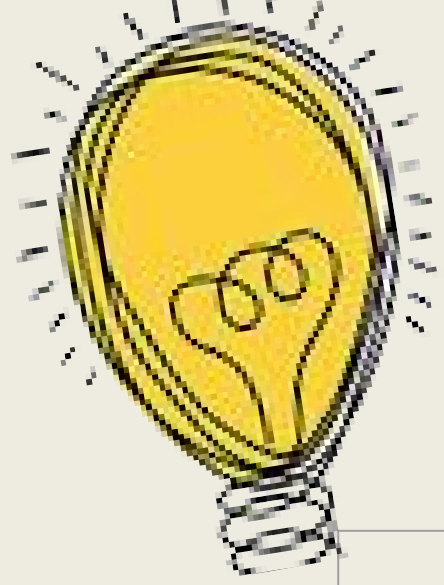
Topics for Discussion

- What is grief?
- The stages of grief
- Tasks of grief
- Grieving styles
- Supporting someone who is experiencing grief
- Grief and loss during the COVID-19 pandemic
- When to seek professional help?
- Grief Counselling
- Grief support



A simple black-and-white line drawing of a stick figure standing on the left side of the frame. The figure has a large circular head, a thin neck, and a long vertical body. Its right arm is raised, with the hand near its head, suggesting a state of deep thought or contemplation. A large, irregular thought bubble is connected to the top of the figure's head by a series of three small circles. Inside the thought bubble, the text "What is Grief?" is written in a bold, dark green, serif font. The background is a plain, light beige color. A faint shadow is cast by the figure onto the ground below it.

**What is
Grief?**



Definitions

LOSS

The disappearance of something cherished, such as a person, possession, or pet... etc.

GRIEF

The normal, multifaceted response to loss.

BEREAVEMENT

The process of adjusting to loss.

MOURNING

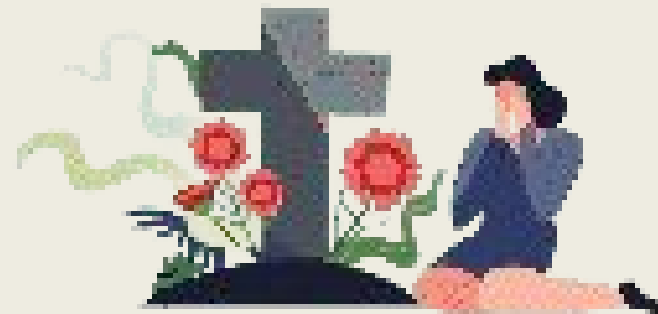
The culturally structured response to grief.

Any loss can cause grief, including...

**DEATH OF A
LOVED ONE**



**LOSS OF
JOB**



**SUICIDE
LOSS**

**DEATH OF
PET**



DIVORCE



Grief

- ❖ Grief is a natural reaction to any form of loss, especially someone's death.
- ❖ Grief is not a specific emotion but a constellation of a mixture of feelings, thoughts, sensations, movements, and behaviours.
- ❖ It goes beyond mere sadness and often evokes feelings of confusion, doubt, guilt, anger, and other complex emotions.



The Grief Process

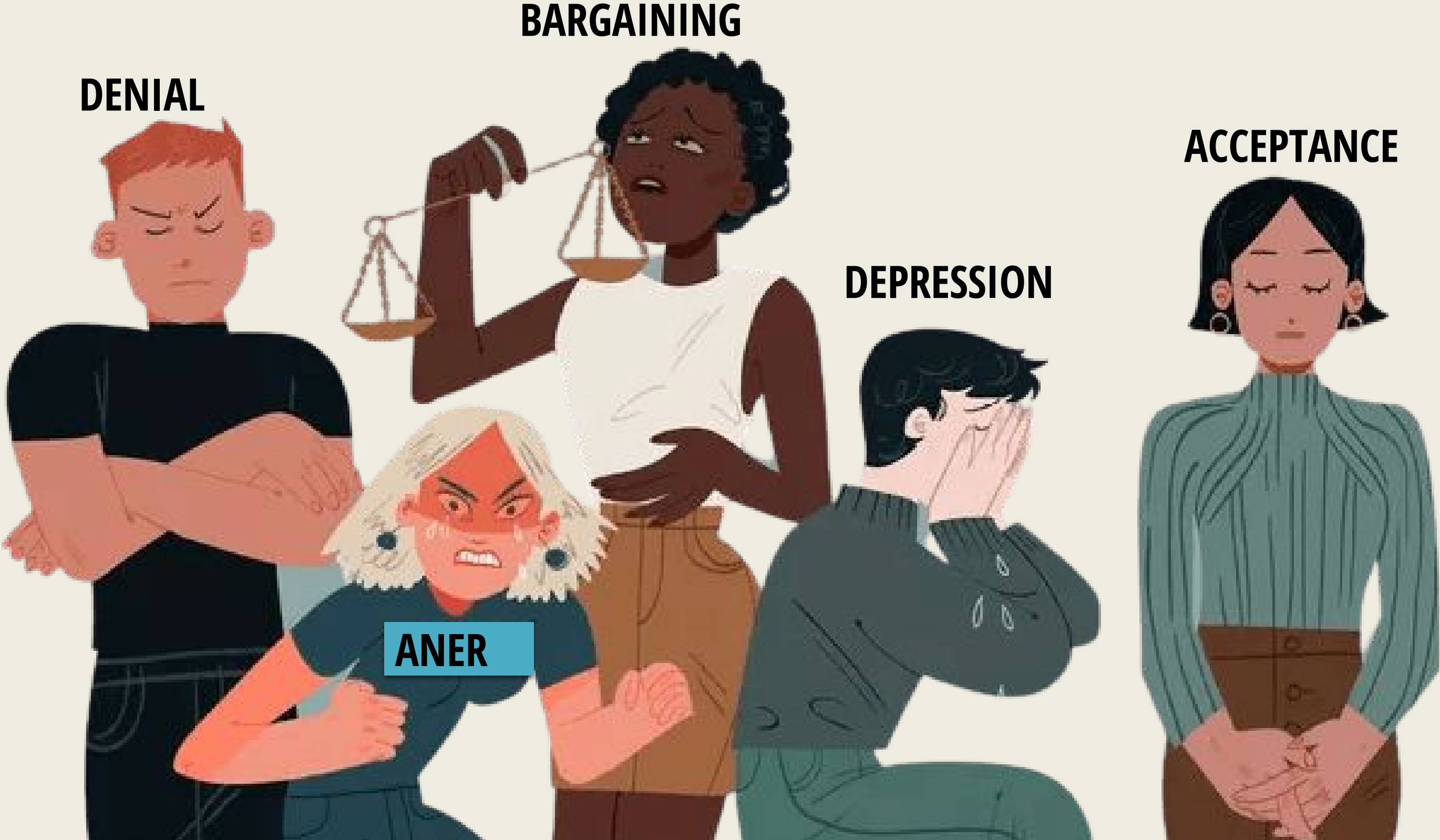


Grief is a personal experience, and there is no right or wrong way to grieve

Grief as a Normal Experience

PHYSICAL	EMOTIONAL	THOUGHTS	BEHAVIOURS
<ul style="list-style-type: none"> ❖ Fatigue ❖ Hollow feeling in the stomach ❖ Tightness of the chest/throat ❖ Shortness of breath ❖ Weakness in the muscles ❖ Dry mouth ❖ Oversensitivity to noise 	<ul style="list-style-type: none"> ❖ Sadness ❖ Anger ❖ Anxiety ❖ Loneliness ❖ Fatigue ❖ Shock ❖ Yearning ❖ Guilt ❖ Helplessness ❖ Numbness ❖ Despair ❖ Confusion ❖ Hopelessness 	<ul style="list-style-type: none"> ❖ Disbelief ❖ Confusion ❖ Preoccupation ❖ Sense of presence ❖ Visual or auditory hallucinations 	<ul style="list-style-type: none"> ❖ Crying ❖ Wailing ❖ Disturbance in sleep ❖ Disturbance in appetite ❖ Absent-mindedness ❖ Social withdrawal ❖ Dreams ❖ Avoiding reminders ❖ Searching and calling ❖ Visiting places associated with the deceased ❖ Treasuring objects belonging to the deceased

Stages of Grief



Tasks of Grief



1. **T**o accept
2. **E**xperience the pain
3. **A**adjust to life
4. **R**einvest in the new reality

Some Grief Self-Help

Remember to...

- ❖ Give yourself time.
- ❖ Talk to others.
- ❖ Take care of yourself.
- ❖ Return to your hobbies.
- ❖ Join a support group.



Supporting Someone Who is Currently Experiencing Grief

- ❖ Don't let fears about saying or doing the wrong thing stop you from reaching out.
- ❖ Let your grieving loved one know that you're there to listen.
- ❖ Understand that everyone grieves differently and for different lengths of time.
- ❖ Offer to help in practical ways.
- ❖ Maintain your support after the funeral.



Things to avoid saying when someone is grieving

"It's part of God's plan."

"Look at what you have to be thankful for."

"HE'S IN A BETTER PLACE NOW."

"This is behind you now; it's time to get on with your life."

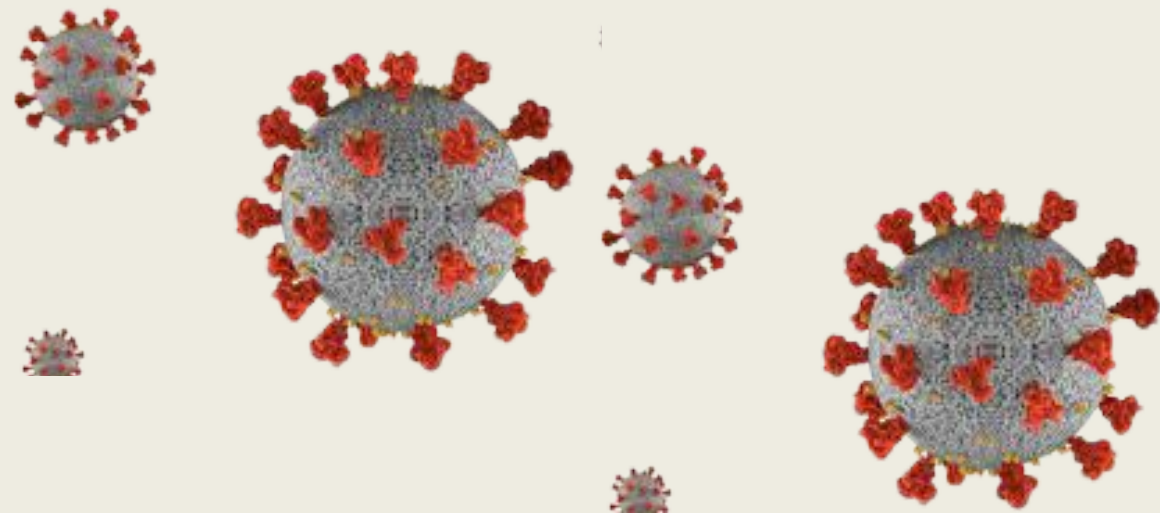
Statements that begin with *"You should"* or *"You will."*



Why do you think that these may be problematic?

Grief & Loss During the COVID-19 Pandemic

- ❖ Use technology to stay in touch
- ❖ Gather virtually by hosting or joining an online memorial service
- ❖ Livestream a funeral service
- ❖ Host a virtual funeral reception after the service
- ❖ Share any memories or pictures
- ❖ Set up an online memorial page or family group



Virtual Support



- ❖ Use technology to stay in touch
- ❖ Gather virtually by hosting or joining an online memorial service
- ❖ Livestream a funeral service
- ❖ Host a virtual funeral reception after the service
- ❖ Share any memories or pictures
- ❖ Set up an online memorial page or family group



Do I Need Professional Help?

Talk to a health practitioner if you have any of the following:

- ❖ Trouble keeping up your normal routine, like going to work and cleaning the house
- ❖ Feelings of depression
- ❖ Thoughts that life isn't worth living, or of harming yourself
- ❖ Any inability to stop blaming yourself



Grief Counselling

A therapist can help you explore your emotions. They can also teach you coping skills and help you manage your grief.

Grief counselling is recommended for those individuals whose grief:

- Interferes with daily activities
- Causes feelings of guilt or depression
- Makes it harder to carry on with their own lives
- Causes problems in existing relationships

GRIEF SUPPORT



Join us at a FREE

GRIEF AND BEREAVEMENT SUPPORT GROUP

When First Thursday of the month

Where Online using Zoom

Time 7pm – 8pm

For more info about Jax's group please contact 082 467 5525

SUICIDE CRISIS HELPLINE

0800 567 567

24
hours

DR REDDY'S
MENTAL HEALTH HELPLINE

0800 21 22 23

8am-
8pm

CIPLA
MENTAL HEALTH HELPLINE

0800 456 789

24
hours

CIPLA
WHATSAPP CHAT LINE

076 882 2775

9am-
4pm



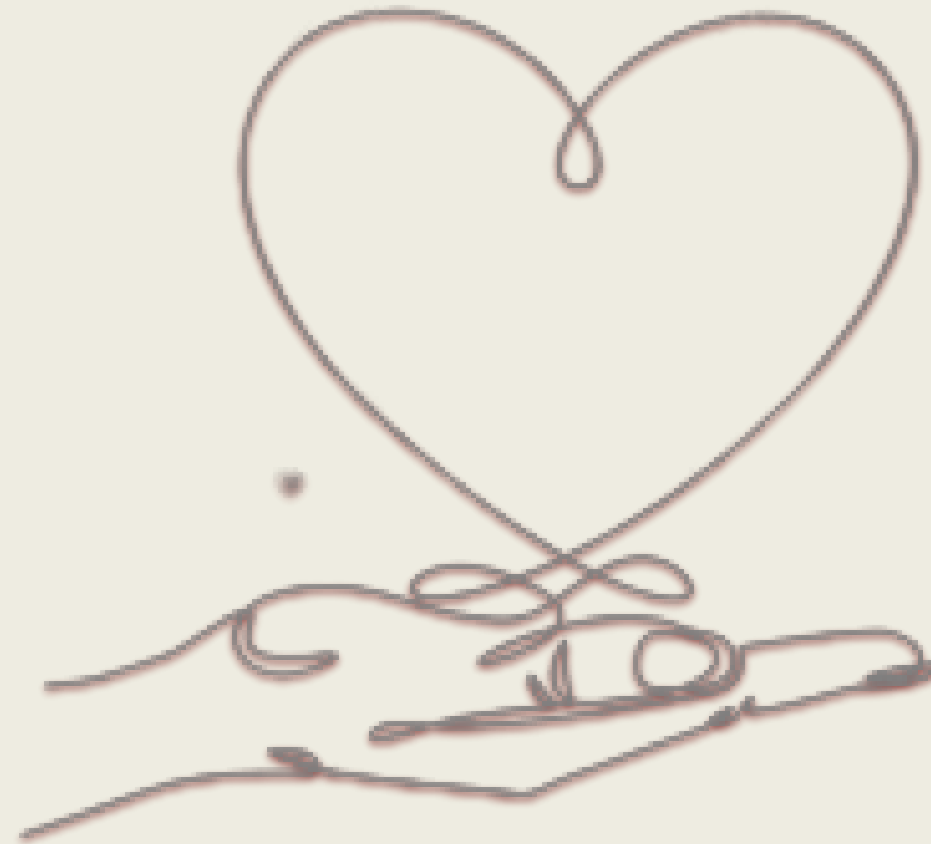
Khululeka Grief Support

Bereavement support programmes for children and adolescents

Email: admin@khululeka.org

Tel: (+27) 21 685 1128

THERE'S HOPE



Continue to trust the process and trust yourself.

You can email us at **studentcounselling@up.ac.za**

Send a short message, leave your name, student number and cell phone number and we can set up an online appointment.

References

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