

## Session 2: Caring for Yourself

Recognizing signs of grief in yourself, teaching residents to recognize signs of grief in themselves, and applying strategies to respond to these signs.

### Best Practices:

#### Physical signs of grief:

- Brain fog
- Headache
- Stomachache
- Joint pain
- Back pain
- Insomnia

#### Resources are available to you:

- Chaplains
- Social Workers
- Local faith-based groups
- Private counseling services
- Support groups
- Medication for prolonged grief
- Physical activity – walking in “green” spaces

#### Other points of consideration:

- Search for and take advantage of available grief resources
- When support is offered, say **YES**
- Keep trying until you find what is best for you!

## Grief Support Dos and Don'ts:



### Help yourself and others

- Relationships are critical to our well-being.
- When someone dies, that connection can be a source of pain.
- Supporting grieving persons can help.
- These Do's and Don't's are based on 60+ hours of conversation with persons living and working in long term care.
- Their advice comes from repeated experience with deaths and the dying.

Source: Alfa Bravo | Renderforest (Dr. Toni Miles)

✓ DOS	✗ DON'TS
✿ Reach out	✿ Be afraid of emotions
✿ Be a listening ear	✿ Say <i>I know how you feel</i> or <i>Get over it</i>
✿ Show care	✿ Fear naming the loss
✿ Attend memorials	✿ Judge their responses
✿ Walk the bereaved	✿ Rush the process

## Discussion Questions:

- Have we identified resources within our home/care community to support those experiencing grief?
- Do we recognize signs of grief within ourselves?
- Have we talked with our residents about recognizing grief within themselves?