

Grieving As We Work and Working As We Grieve

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Goal

- ❖ Learn strategies to support re-entering or entering the workplace after loss



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Objectives

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

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What is Grief

- ❖ Grief is like walking through a covered bridge

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Grief Response to Losses

- ❖ Psychological
- ❖ Social
- ❖ Physical
- ❖ Spiritual

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The Caregiver's Dilemma

- ❖ National Public Radio reports forty-five percent of all caregivers are un-paid in the United States
- ❖ Hidden Helpers includes school age children
- ❖ An overall unawareness of a broad band of services available due to time constraints
- ❖ A partial understanding of qualifying eligibility to entitlements and/or benefits

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Entitlements versus Benefits

- ❖ Entitlements means having a right to something based on qualifying eligibility
- ❖ Military personnel and families can qualify for entitlements because of service to the country
- ❖ Benefits are payments or gifts made for employees in behalf of an employer, the state or insurance company to receive an advantage
- ❖ A company matching pension plan is a benefit to the employee towards retirement

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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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100%

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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

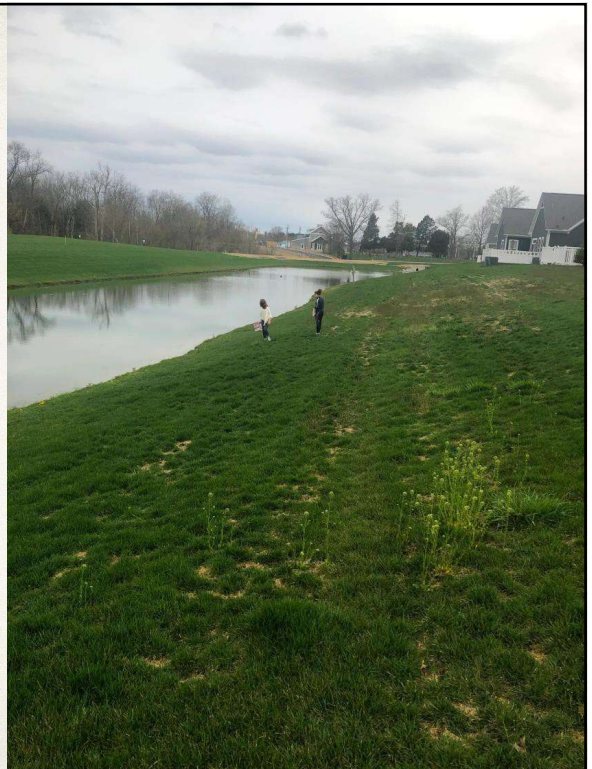
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What is the difference between grief and loss versus depression

- ❖ Clinical depression can be lessened by prescription pharmaceuticals as indicated by symptoms
- ❖ Prescription pharmaceuticals indicated for grief and loss is non-existent

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Social

- ✧ Withdrawal
- ✧ Isolation
- ✧ Interpersonal Conflict
- ✧ Unrealistic Expectations of Others
- ✧ Change in Activity Level
- ✧ Avoidance of places or reminders of the disease

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Physical

- ✧ Weakened immune system
- ✧ Heart problems
- ✧ Stressful life events aka broken heart syndrome
- ✧ Alcohol and Substance Abuse
- ✧ Depression
- ✧ Poor sleep or staying asleep

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Spiritual

- ✧ Why is God punishing me?
- ✧ Question purpose of life and spiritual beliefs
- ✧ Turning to prayers is not a source of comfort
- ✧ Religious images cause anger
- ✧ Avoiding religious services
- ✧ Withdrawal from members of Churches, Temples and Mosques

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Re-Entry into the Workplace While We Grieve

- | | |
|---|---|
| ✧ Returning to work may be physically leaving for work or a short walk to the dining room table we work from home | ✧ Dealing with traffic |
| ✧ We spend our days on phones, tablets, and computers which are workplace devices | ✧ People asking how you are doing or how you feel |
| ✧ Learning new trainings | ✧ Updating beneficiaries |
| ✧ Getting up and getting dressed | ✧ Emergency contacts need updated |
| | ✧ Back up plan to childcare |
| | ✧ Meeting new work deadlines |

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Sources of Support Ways to Stay Supported in Entering and Re-entry into workplace

- ❖ Update contact list for work purposes
- ❖ Make sure to utilize the latest software updates
- ❖ Embrace technology

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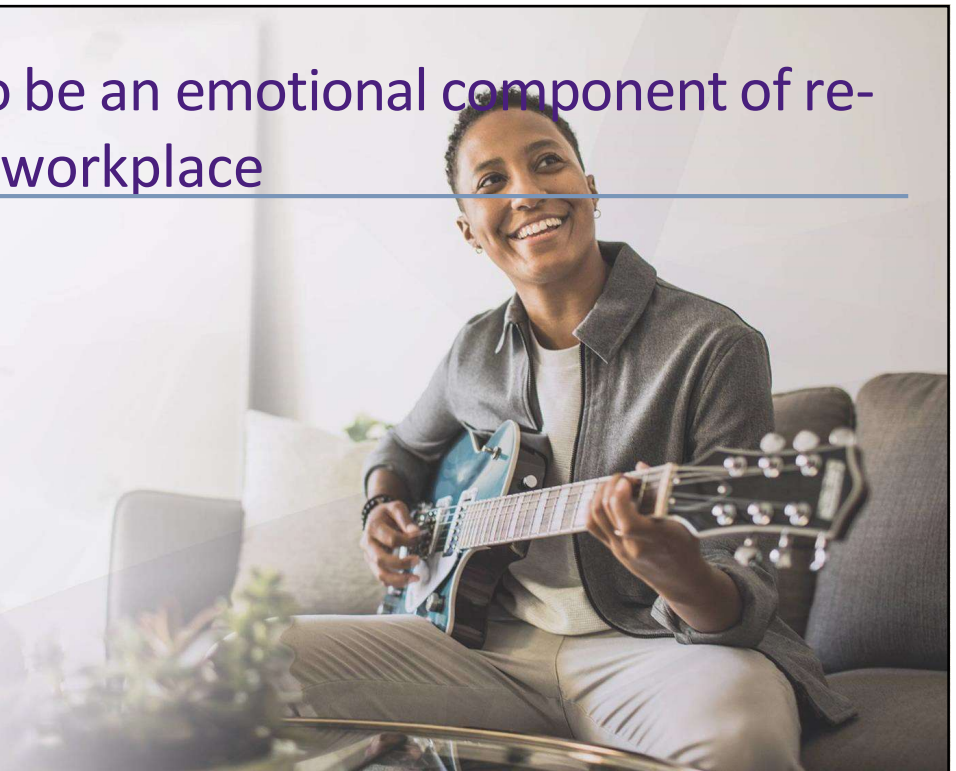


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Music can also be an emotional component of re-entry into the workplace

- ❖ accessible
- ❖ a source of intimacy
- ❖ is relevant and familiar
- ❖ inspires
- ❖ is a good supplement to keep moving

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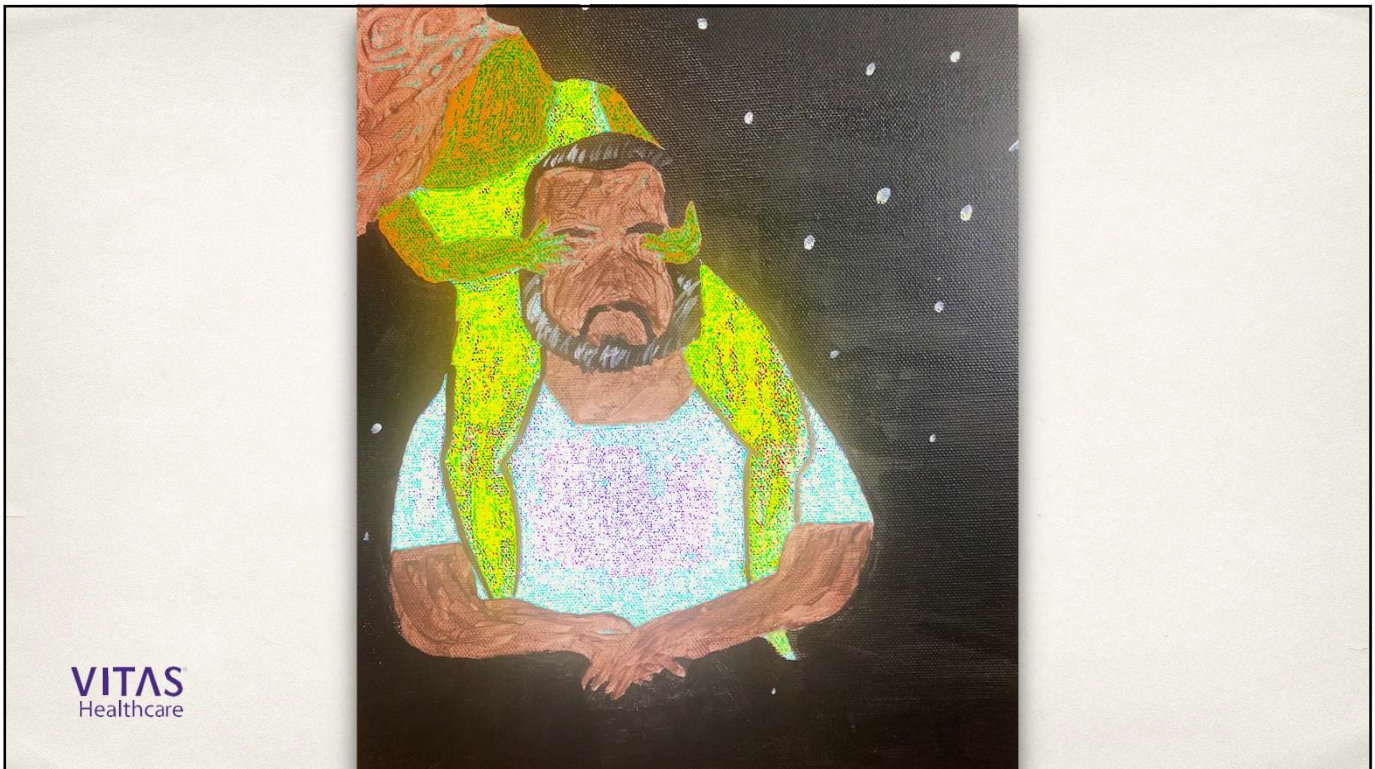
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"Only when it is dark can you see the stars."

Dr. Martin Luther King jr.

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The Gift of Music

- ❖ Music is accessible
- ❖ Music can be a source of intimacy
- ❖ Music is relevant and familiar
- ❖ Music inspires
- ❖ Music is a good supplement to keep moving

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The Gift of Music (continued)

- ❖ Music is a durable medium
- ❖ Music reliably tells stories with emotion
- ❖ "You've Got A Friend" has been recorded and sung by James Taylor (composer), Donny Hathaway, Al Green, Carole King, Carly Simon, Anne Murray, Michael Jackson and many others
- ❖ Be intentional about your choices of music and who sings it best for you

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The Gift of Music (continued)

- ❖ The Song entitled You've Got A Friend has been recorded and sung by James Taylor, Donny Hathaway, Al Green, Carole King, Carly Simon, Anne Murray and Michael Jackson
- ❖ Music reliably tells the story with emotion
- ❖ Be intentional about your choice of music and who sings it best to you
- ❖ Music is a durable medium

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Survival is One Day at a Time

Tibetan Spiritual Leader Dalai Lama

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

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Survival is One Day at a Time (cont.)

- ❖ Adopt an exercise routine establish routines to prepare to go to work
- ❖ Factor in gardening, pets, call a friend, maximize relationships to someone related to something that is life-giving
- ❖ Maximize the impact of what you can do today
- ❖ Don't borrow trouble by worrying about tomorrow
- ❖ Be intentional to look for things positive

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Where Do We Go From Here

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

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Defining Successful Grieving

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

- Walt Disney

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Defining Successful Grieving (continued)

- ❖ Maintain perspective/context
- ❖ Moving forward the canvas is blank your stated memories are brush strokes and your version of the story are rich shades of colors
- ❖ Be sure to get your inspiration from a pure source
- ❖ Live for the best and highest traditions of the personality lost
- ❖ Make sure the world never forgets the kind person we would all love if we knew him or her at that time

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Defining Successful Grieving (continued)

- ❖ Define yourself
- ❖ Refuse to live by other's definition(s) of what you have become
- ❖ It is alright to do something for you
- ❖ Reinvigorate all of your strength by doing what it takes to get a good night's sleep
- ❖ Take baby steps to start new traditions where the old one's are no longer available

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What Does Successful Grieving Look Like?

- ✦ Successful grieving provides perspective of what your journey has been



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Successful Grieving Responses

- | | | |
|---|-------------------------|----------------------------|
| ✦ Say something nice | ✦ Speak up | ✦ Put your cell phone down |
| ✦ Be polite on the road | ✦ Be grateful | ✦ Be quiet |
| ✦ Take the high road, less traffic, get where you are going much sooner | ✦ Bring flowers | ✦ Listen |
| ✦ Make a small difference to make a difference | ✦ Be polite | |
| | ✦ Make someone laugh | |
| | ✦ Widen your vocabulary | |
| | ✦ Become a volunteer | |

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Successful Grieving Responses (continued)

- ❖ Complain less
- ❖ Lend a hand
- ❖ Endure what you don't like with a smile and keep it moving
- ❖ Show respect
- ❖ Hold the door open for someone
- ❖ Respect differences
- ❖ Ask if you can help
- ❖ Pay it forward
- ❖ Thank a veteran
- ❖ Give a loved one a hug
- ❖ Let someone go in front of you
- ❖ Genuinely
- ❖ Treat others the way you would like to be treated
- ❖ Take your time
- ❖ Compliment someone
- ❖ Be patient
- ❖ Forgive someone

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Successful Grieving Responses (continued)

- ❖ Endure what you don't like with a smile and keep it moving
- ❖ Ask if you can help
- ❖ Say something nice
- ❖ Thank a veteran
- ❖ Be polite on the road
- ❖ Genuinely compliment someone
- ❖ Take the high road, less traffic, get where you are going much sooner
- ❖ Forgive someone
- ❖ Show respect

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