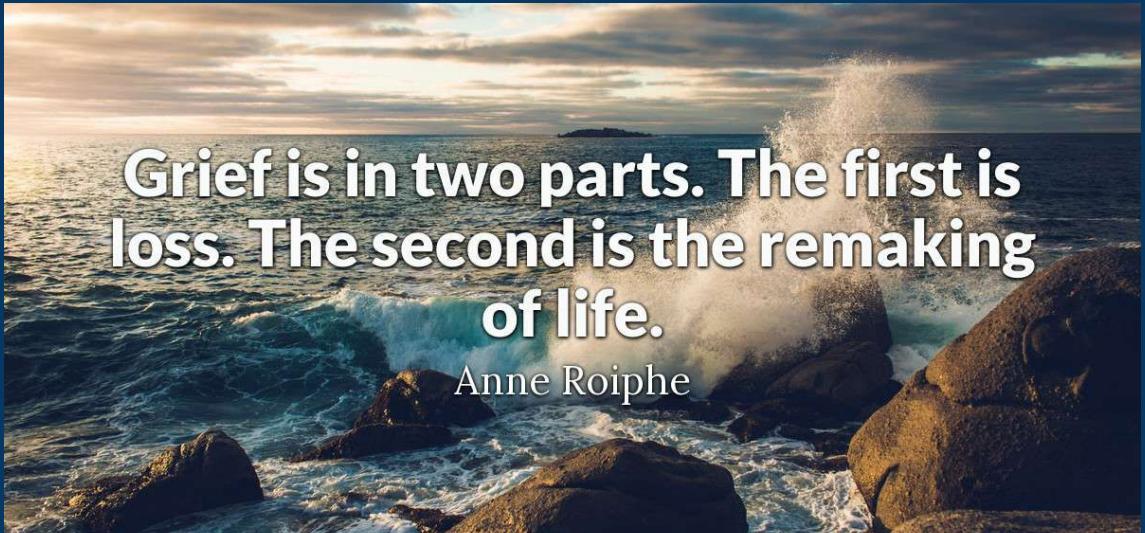


Second Wave Grief

Ariana Avezzie M.Ed, LMHC & Dallas Pilecki M.Ed, LMHC



Grief is like Waves:



Grief is in two parts. The first is loss. The second is the remaking of life.

Anne Roiphe

Another difficult part of grief is that the world keeps turning while we struggle to cope. We still are faced the same responsibilities & obligations all while processing the loss.

Learning to manage those responsibilities while we grieve will be critical.

If we have previous unresolved grief losing someone else can bring up even more emotions. It can create more overwhelming emotions, this is often called “pile” of grief or an “overload”.

At first when you are grieving the waves can come non-stop and are overwhelming. This can make it difficult to do anything else and tends to keep our mind focused on our grief.

As time progresses the waves become further and further apart and the intensity can vary. When this happens things start to look doable and you are able to cope a little better.



Waves of Grief by GSnow (Reddit 10 years ago)

Alright, here goes. I'm old. What that means is that I've survived (so far) and a lot of people I've known and loved did not. I've lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can't imagine the pain it must be to lose a child. But here's my two cents.

I wish I could say you get used to people dying. I never did. I don't want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don't want it to "not matter". I don't want it to be something that just passes. My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can't see.

As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

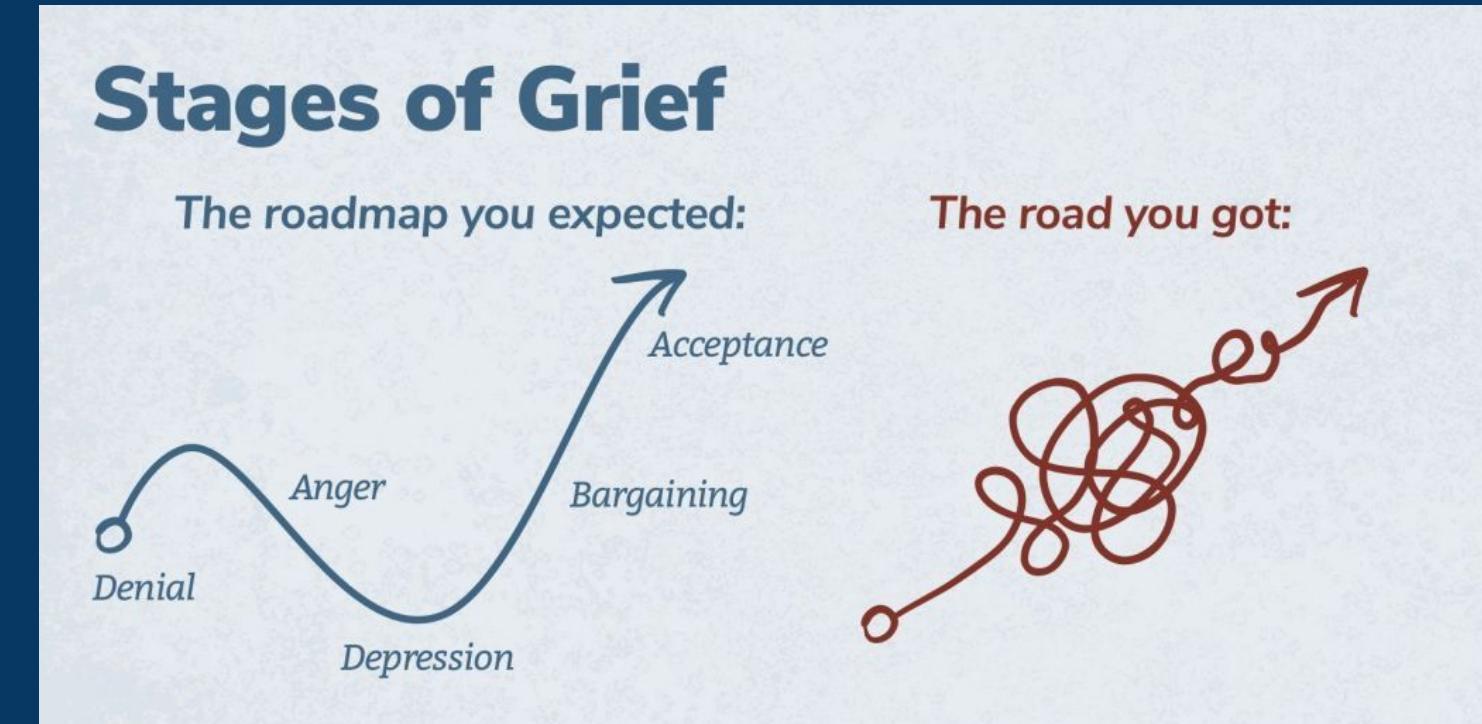
Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

Take it from an old guy. The waves never stop coming, and somehow you don't really want them to. But you learn that you'll survive them. And other waves will come. And you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks.

Normalize the process of Grief:

Grief is never easy & might look different each time we grieve someone we lost.

- Grieve your way & on your timeline.
- It is normal to have periods of ups & downs related to processing the loss.
- Be mindful that you are not avoiding or ignoring your feelings which could delay the grief process.
- Utilize your supports as much as needed.
 - Identify the people in your life who you know will be there for you.
 - Additional support if needed such as group therapy, spiritual services or therapy.



It's okay to not be okay right now. But you do not need to process this loss alone. Support & Assistance are available.



Grief & the Holidays

- Grief can sneak up on us at times especially when holidays, anniversaries and birthdays come up. These moments could have strong memories and traditions tied to them regarding your loved one. This site will help breakdown how to cope with your emotions during these times: [Coping with Grief & the Holidays](#)
- Sometimes we know what will trigger a memory of a loved one but other times it will be unexpected. This is a pattern that continues over the years.
 - Anniversaries - Holidays
 - Destinations - Friends/Family
 - Song - Movies - TV Shows
 - Restaurants - Foods - Smells
- Not all of these moments will be negative, in some instances the memories we have are happy but we associate with them knowing no new memories with our loved one will be created again.



Moving Forward:

- One of the hard parts of loss is that things around keep moving forward. It is important to process the pain, and remember moving on doesn't mean you forget.
 - You get can decide what it means to move forward with your life on your timeline.
 - If it feels right continue old traditions, or you can create new ones. This will be process that can change as time progresses.
 - Honor your loved ones and their memory in the way you feel will help you keep them part of your life.

Articles to learn more about Moving Forward:

Grief & Moving Forward

Normalizing Grief

I STOPPED CRYING,
BUT I WAS STILL
GRIEVING.
@GLITTERANDGRIEF

"*It's good to see you're doing better.*"

THAT'S NOT WHAT IT MEANT THOUGH.
I WAS STILL *grieving*. BUT TO THE WORLD
I WAS MOVING ON. AND THAT HURT.
I COULDN'T EXPLAIN THAT THIS WAS STILL
GRIEF. *initial loss made sense*. IT WAS
OVERWHELMING, ALL CONSUMING. AND I CRIED.
A LOT. BUT I DON'T CRY LIKE I USED TO. I
WAKE UP EVERYDAY AND I REMEMBER YOU'RE
NOT HERE. *but i don't always cry*. AND
SOMETIMES THAT DOESN'T EVEN MAKE SENSE
TO ME. GRIEF IS HARD TO EXPLAIN. WHEN YOU
CAN'T EVEN UNDERSTAND IT YOURSELF.
i stopped crying, but i was grieving.

Celebration of Life:

- A celebration of life can be done whenever you choose, some do it after the wake instead of a funeral and others do it later such as a one year anniversary.
 - During a Celebration of Life you honor and celebrate what you loved about the person you are grieving. It's a way of showing the positives, and uniqueness of the person you have loss.
 - Celebration of life is often held outside of a church or funeral home and is traditionally less formal.
 - It can be a good way to bring family & friends together to remember and honor a loved one who has passed.



A celebration of life
is more focused on telling stories of the deceased
and commemorating the life they lived.

Two sites filled with ideas to help Celebrate
your loved ones:

[20 Celebration of Life Ideas](#)

[100 Ideas to Celebrate Life](#)

Coping Skills and Self-Care for Mental Health



“You are always one choice away from changing your life”
- Mac Anderson

CARE & FEEDING of YOUR GRIEVING PERSON

@refugeingrief

LEAVE THEM CARE PACKAGES



BE SPECIFIC ABOUT HOW YOU CAN HELP



ASK QUESTIONS



REMEMBER BIG DATES

SET A CALENDAR REMINDER FOR BIRTHDAYS, ANNIVERSARIES, HOLIDAYS AND SEND A TEXT OR NOTE.



PARALLEL PLAY

YOU DON'T HAVE TO TALK TO SPEND TIME TOGETHER. YOUR PRESENCE MATTERS.



ACKNOWLEDGE THE LITTLE DATES

AN ORDINARY SATURDAY CAN SUCK TOO.



SAY THEIR NAME

SHARE A MEMORY, SAY THEIR PERSON'S NAME.



LET THEM BE SAD

SADNESS IS HEALTHY.



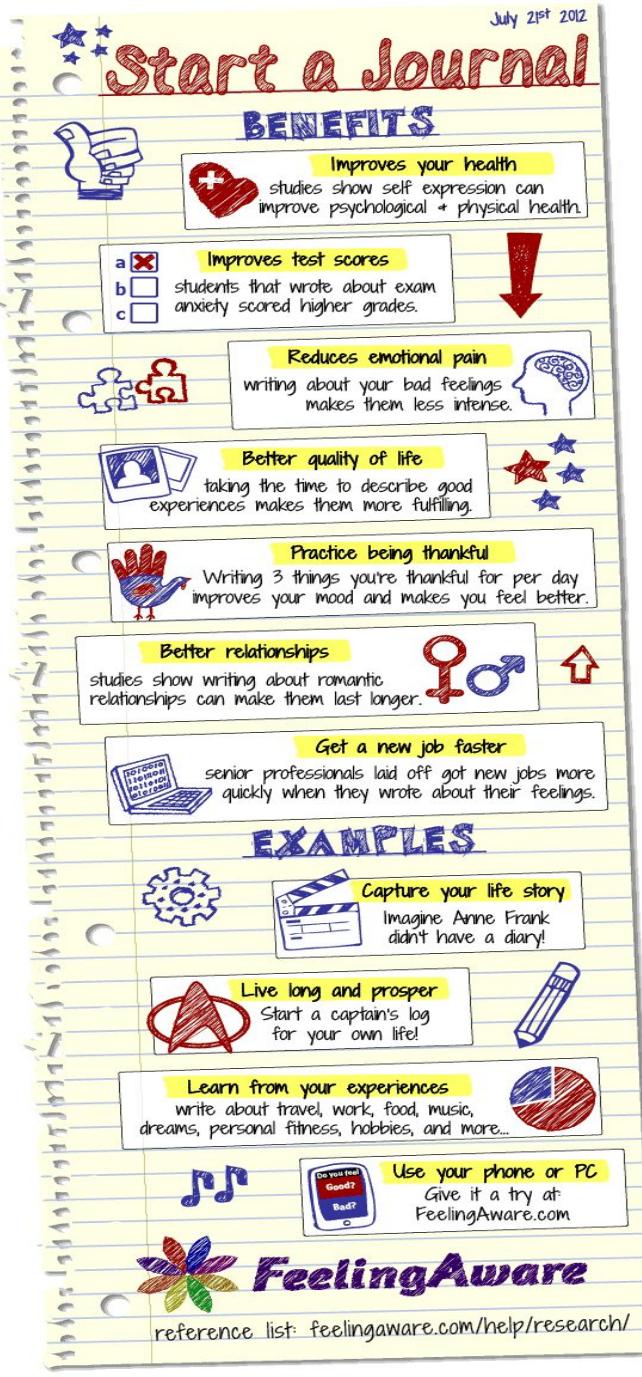
BE AWKWARD

IT'S OK IF YOU DON'T KNOW WHAT TO SAY OR DO. YOUR FRIEND NEEDS YOU! DON'T LET FEELING AWKWARD STOP YOU.



YOU DON'T NEED TO BE PERFECT, JUST PRESENT.





Journaling:

Journaling is a good way to get your thoughts and feelings out, improve your mental health, and overall well-being.

- Different types of journals
 - Bullet & Artistic
 - Free-flowing
 - Grief Journal
 - Writing prompts based
 - Gratitude based

Downloadable Worksheet with writing prompts available.



"YOU MUST REMEMBER THAT YOUR GRIEF STORY MATTERS. WHAT YOU JOURNAL HAS THE POWER TO CHANGE YOUR PERSPECTIVE, RESTORE YOUR SENSE OF BEING, OR FIND WAYS TO REMEMBER YOUR LOVED ONE."

AUTHOR UNKNOWN



Positive Affirmations:

Positive Affirmations can be used to increase the healing process & improve resilience.

One thing you can do is place post-it notes of affirmations in places you can see. Such as in your room, books, car & desk as a reminder throughout the day.

Smile Jar (Positivity Jar) - Quick activity for all ages.

See attached worksheet for more information

[Click below for more information:](#)

[Building Positive Affirmations](#)

[Understanding Positive Affirmations](#)

YOUR CHEAT SHEET TO AFFIRMATIONS!

WHAT ARE AFFIRMATIONS?

POSITIVE AFFIRMATIONS ARE STATEMENTS USED TO CHALLENGE NEGATIVE THOUGHTS

AFFIRMATION PRACTICES

- 1.) LOOK IN THE MIRROR AND REPEAT TO YOURSELF
- 2.) WRITE IT DOWN
- 3.) SAY IN YOUR HEAD LIKE A MANTRA MEDITATION

BENEFITS OF AFFIRMATIONS

- 1.) DECREASE STRESS
- 2.) INCREASE SELF AWARENESS
- 3.) PROVIDES OPTIMISTIC MINDSET
- 4.) REDUCE NEGATIVE THOUGHTS
- 5.) INCREASE SELF CONFIDENCE AND SELF WORTH
- 6.) ACHIEVE GOALS

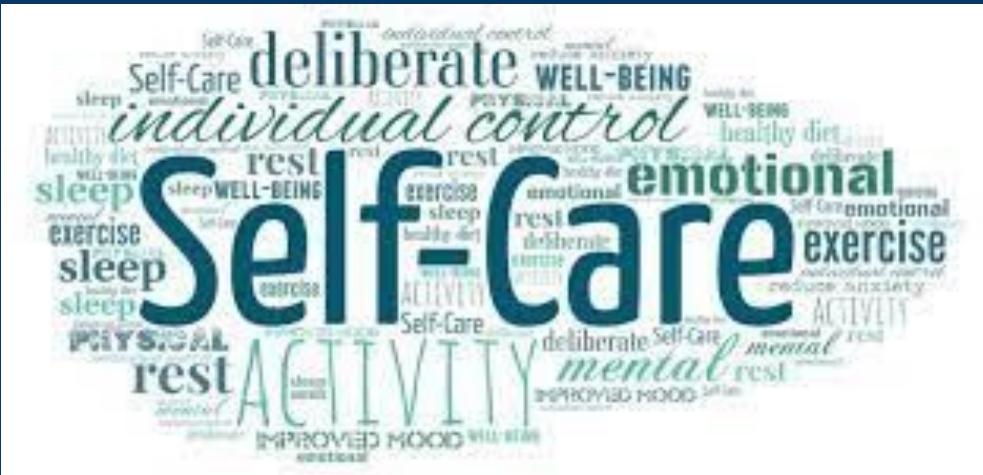
HOW TO MAKE YOUR OWN AFFIRMATIONS

MUST USE THE PRESENT TENSE
START WITH 'I AM'
USE POSITIVE STATEMENTS (YOU'RE TRYING TO AFFIRM WHAT YOU WANT, NOT WHAT YOU DON'T WANT)
MAKE IT SPECIFIC
MAKE SURE IT HAS MEANING TO YOU AND YOU CAN ATTACH FEELINGS/EMOTIONS TO IT



Start off with small changes each week:

- Going for a walk
- Exercising at gym/home
- Cardio class
- Relaxation
- Meditation
- Yoga
- Spirituality
- Self-care

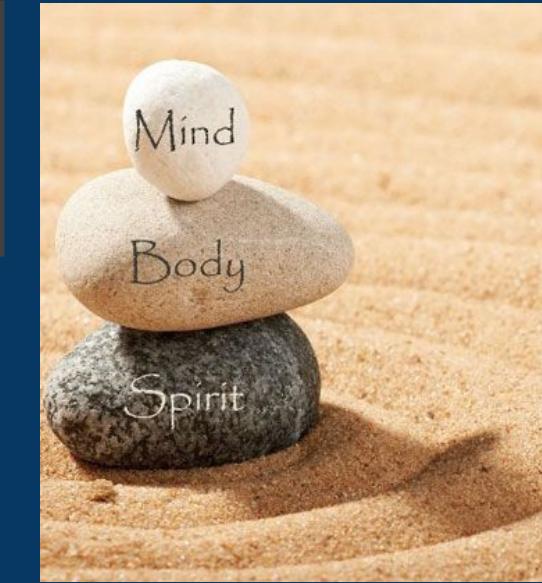


Physical Health & Mental Health:

Physical Activity - Healthy Sleep Hygiene routine - Eat Healthy

Being able to work on your physical health & self-care routine during the grieving process will allow you develop positive coping skills.

Finding a routine that will work and is sustainable is critical. Start making small changes in order to build momentum. It will be difficult at first however being consistent will lead to progress.

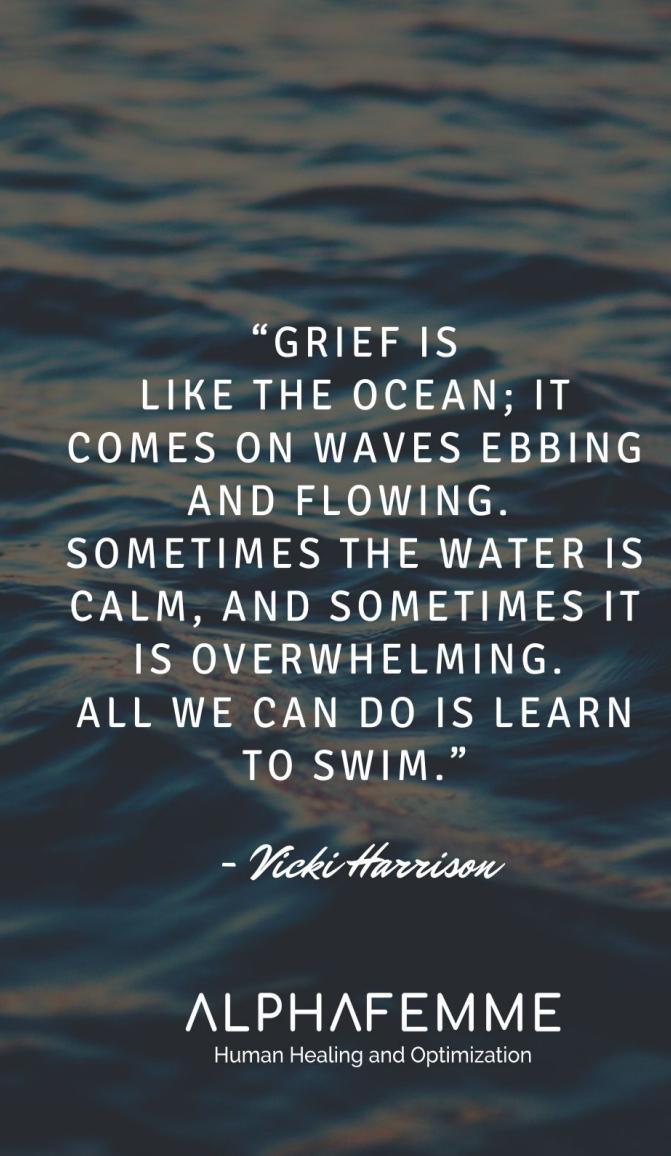


At Home Workouts

[100+ Ways to Get Active without a Gym](#)

[25 ways to build your Mind, Body & Soul](#)

[Building Self-care Routine](#)



“GRIEF IS
LIKE THE OCEAN; IT
COMES ON WAVES EBBING
AND FLOWING.
SOMETIMES THE WATER IS
CALM, AND SOMETIMES IT
IS OVERWHELMING.
ALL WE CAN DO IS LEARN
TO SWIM.”

- *Nicki Harrison*

ALPHAFEMME
Human Healing and Optimization

Workshop Wrap Up:

If you are looking for additional Support & Coping skills around Grief please visit our website and download:

Decoding Grief Workshop

The past year has been filled with so much loss, uncertainty & change. There is no timeline on Grief and it can look differently for everyone, but support is available. You are not alone in this journey through grief. If you or someone you know could benefit from Mental Health Services please reach out for help.

Little changes each day can lead to monumental growth & happiness. Don't wait for the perfect time to make your mental health and happiness a priority. Challenge yourself to start building positive momentum toward change today!

Thank you for Downloading our PowerPoint if you have any questions please feel to reach out
(413)579-8887

Suicide Hotline:

National Suicide line:
1-800-662-HELP

BHN Crisis (Western Mass Crisis)

413-733-6661

Crisis Text Line:
Text “Talk” to 741741

**HOPE WILL
NOT BE
CANCELLED.**



Serendipity Psych Counseling & Consultations

Thank you for downloading our workshop remember it's okay not to be okay but remember you do not have to grieve alone. When it gets difficult to take it moment by moment, minute by minute, or hour by hour. We are here if you need support and someone to talk to.

We are a small private practice that opened in January of 2020. We opened Serendipity in order to provide our clients the best care we can offer, we achieve this by carrying smaller caseloads and are client centered in our approach.

Helping our clients' & their families grow & rebuild themselves is our priority. A major component of this is truly knowing our clients, we invest not only our time but our passion into helping them attain their goals. You will never feel like a number at Serendipity, we are a small practice where each referral is treated with unrivaled care & compassion.



For More Information Check out:
Website: www.SerendipityPsych.com
Email: Dallas@serendipitypsych.com
Email: Ariana@serendipitypsych.com

Resources:

<https://www.giltnerfuneralhomes.com/celebration-of-life-ideas>

<https://www.spiritualityhealth.com/articles/2016/08/22/16-affirmations-coping-grief>

<https://positivepsychology.com/benefits-of-journaling/>

<https://www.joincake.com/blog/grief-affirmations/>

<https://thelossfoundation.org/grief-comes-in-waves/>

<https://thepsychologygroup.com/how-to-cope-with-grief-during-the-holidays/>

<https://www.goodtherapy.org/blog/4-things-you-need-to-know-about-moving-on-from-grief-0623155>

<https://dying.lovetoknow.com/words-comfort-after-death/uplifting-prayers-times-grief-loss>

https://www.lensofjen.org/ongrieving/?gclid=CjwKCAjwgb6IBhAREiwAgMYKRqJzKLinxBgTPJdcovC-o-OfZxDKZYA3IXg74uQV6_bbTIPRkgScxoC2aAQAvD_BwE

<https://mycharlestontherapist.com/blog/grief/5-reasons-grief-comes-in-waves-and-how-to-deal-with-it/>



waves of grief