

WELCOME WVCC LOSS SUPPORT GROUP

Getting through a painful life experience can feel terrifying, nauseating and downright awful. Welcome to the WVCC grief support group, where your vulnerability and emotions, as complex and contradicting as they may be, are respected.

WVCC LOSS SUPPORT GROUP EXPECTATIONS

Everyone comes to find grief individually and uniquely. Because we have and will experience similar losses as another person in this group, there is a human desire to compare. However, comparing only lessens honest sharing and puts a limitation on the sharer and the listener.

Things to keep in mind

- COMPARING** Release the idea to compare stories of grief; it is as unique as your fingerprint.
- JUDGING** Refrain from judgment, you may be surprised by someone's share, however, you were not there and have not walked in their grief.
- TOUCHING** Ask "may I offer you a hug" before touching anyone who is sharing.
- INTERRUPTING** Hold your thoughts to yourself when someone else is sharing.
- LISTENING** Practice listening to empathize, or hold space for another person, not to give a response, this will be reciprocated when you share.
- STRENGTHS** Recognize your source of strength may not be the strength of another.

Grief Myths

UNHELPFUL COMMENTS

- Replace the Loss
- Be Strong for Others
- Don't Feel Bad
- Grieve Alone
- Stay Busy
- Just Give it Time

Self Care

COMFORTING ACTIONS

- Breathing & Exercising
- Taking a Bath
- Reading a Book
- Calling a Friend
- Resting
- Journaling

Activity

WHAT IS GRIEF TO YOU?

- Reaching out for someone one more time and they're not there;
- End or change in a familiar pattern or behavior;
- Loss of hopes, dreams, or expectations