

# “How do I do this?”

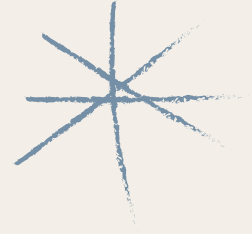
An Honest Conversation About Grief and Loss





# A few reminders:

- 1 Submit your questions through the Q&A
- 2 Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.
- 3 Check your email later today for a copy of these slides and a replay of this webinar.



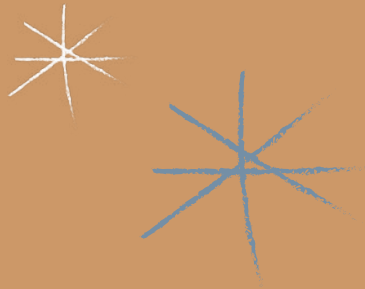
# Meet our Panel





“Grief, I’ve learned, is really just love. It’s all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest.  
Grief is just love with no place to go.

— JAMIE ANDERSON



Why don't we talk about our grief?



What is grief?



# Grief:

Grief is an automatic, cellular, organic, natural process that occurs in the human mind and body in response to loss.

Loss can be defined as anything that hurts.







# What We Need To Grieve:

- Validation
- Physical Safety
- Emotional Safety
- Time
- Somebody There







# The Truths of Grief



- \* No Two People Grieve The Same
- \* What We Can't Do Alone, We Can Together
- \* The Only Way Out Is Through
- \* People Don't Know Until They Know
- \* We Don't "Get Over" Grief



# No Two People Grieve the Same

What We Can't  
Do Alone, We Can  
Together





The Only Way  
Out is Through





People Don't Know *Until They Know*



We Don't  
"Get Over"  
Grief





"We don't move on from grief,  
we move forward with it."

— NORA MCINERNEY



# Resources

## Onsite Next Step

- ✱ **Onsite Book Club**  
Join us for a conversation about loss, and the powerful experience of wading through grief. We'll be reading "End of the Hour": A Therapist's Memoir and be joined by the author, Meghan Riordan Jarvis.
- ✱ **The Ways We Grieve**  
In this digital class, we'll help normalize your experience with grief, give you insight into how we grieve, and invite you into a place of hope, peace, and wisdom.

# Recommended Reading

- \* *It's Okay that You're Not Okay* – Megan Devine
- \* *End of the Hour* – Meghan Riordan Jarvis
- \* *The Body Keeps the Score* – Bessel van der Kolk
- \* *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief* – Joanne Cacciatore, PhD

A full list of recommendations will be sent with the replay! \*





# \* Questions for further exploration

Submit your questions through the chat pod.