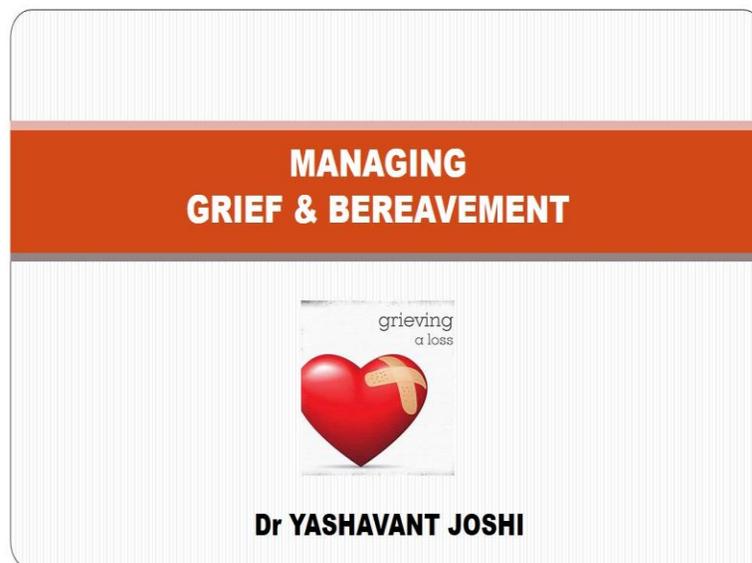


**Basic Certificate in Palliative Care**  
**Dr. Geeta Joshi**  
**Dr. Piyush Gupta**  
**Dr. Col. Yashavant Joshi**  
**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-06**  
**Lecture 07: Management of Grief and Bereavement**

(Refer Slide Time: 00:15)



Week 6, lecture number 7. Hello friends. This is the last lecture in the series of grief and bereavement. That is the week number 6. Before this, we already discussed about the various models of grief and bereavement and the psychology of grief and bereavement. So, naturally now the last step in grief and bereavement is how to manage grief and bereavement.

We will find certain repetitions in the slides. We will try and skip those slides. But two things are very important in this last lesson. That first is, there are certain myths I have given out, certain false notions about grief and bereavement that we will discuss and secondly, steps for managing grief.

So, this lesson is basically two parts. Part 1, the grieving process and part 2, how to manage grief.

(Refer Slide Time: 01:25)



This we have been saying, now we all understand that grief is not a disorder, a disease or a sign of weakness. It is not a sign of weakness. If something happens and if somebody is crying, we say no, no, he is crying like a girl or a boy, you know, small boy.

No, it is not that. Some things, some psychological reactions, a person is crying. So, it is not a disorder, neither a disease nor a sign of weakness. It's an emotional, physical and spiritual necessity. The price you pay for love, the only cure for grief is just to grieve and nothing else.

You can't keep all those memories inside. Sometimes, it needs to be expressed or otherwise it will just burst out. Part 1, the grieving process.

(Refer Slide Time: 02:20)

## PART: I THE GRIEVING PROCESS



These two children lost their mother and just see how is the father, you know, loving and looking after and hugging the children, keeping them together.

(Refer Slide Time: 02:27)

### **GRIEF...**

- **Grief** is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.
- Coping with the loss of someone or something you love is one of life's biggest challenges. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief.

Grief is a natural response to loss.

(Refer Slide Time: 02:30)

<b>ANY LOSS CAN CAUSE GRIEF...</b>	
<b>1. Divorce or relationship breakup</b>	<b>7. Death of a pet</b>
<b>2. Loss of health</b>	<b>8. Loss of a cherished dream</b>
<b>3. Losing a job</b>	<b>9. A loved one's serious illness</b>
<b>4. Loss of financial stability</b>	<b>10. Loss of a friendship</b>
<b>5. A miscarriage</b>	<b>11. Loss of safety after a trauma</b>
<b>6. Retirement</b>	<b>12. Selling the family home</b>

Any loss can cause grief. Now, I generally again, I give you now certain reasons. Almost earlier I was saying a loss of loved one, number one and major losses. So, here we are just getting into detail. What sort of loss? I have given you some 12 losses, can be many more.

Diverse or relationship break, breakup. Serious, normally though we do break relationship, we make friends and again then we get parted, you know, this is normal affair. Serious affair and when it gets broken up, it can cause a grief. Loss of personal health, personal health, your own health, others health, it will not affect so much because yes, if a young child is there, chota bacha (Hindi word meaning small child) and if he falls sick and really he is having a serious trouble, terminal illness, then because it pertains to your own child's health, it might cause a grief to you. Losing a job, yes, because it will create an economic crisis.

How do you get money to feed your own people? Losing a job will bring you what? Financial stability, you become financially unstable and whatever it is without money, nothing moves in the life. Our life basically moves on a wagon with the money wheels. If money wheels are not there, our wagon of life does not move forward. A miscarriage, yes, sometimes you don't have child, you got married and till 40, 45, you don't have any

child and around that time, after a long, long married life, your wife, she has conceived and miscarriage takes place. You wanted a child to come up to your home.

You are just waiting so eagerly and miscarriage, so yes, grief. Retirement, this is also there. After retirement, if you have not planned your retirement and after retirement life, then it can cause you a grief. Let me take few minutes of mine. My dear friends, I'm a soldier and I had made my retirement plans when I joined the army.

I had decided that I will get premature retirement from the army when around 50. After 50, what will I do? I had planned. I'm very emotional about my own family, about my society and my own country. So, to my nation, I gave my 50 years of very precious life and when I came out of army, I had already planned that I will do social service and therefore, when I was in the army, I had organized an NGO and immediately I started working in my NGO and social work is as lovely, as important, as dear to me, the way I did my soldiering in the army. I was never unhappy.

I'm equally happy, I'm equally busy when I was in the army and now also when I'm out of the army. If you plan your retirement, my dear friends, then there is just no grief. One must plan the retirement. After 60 years, when I retire, what will I do? Important steps you need to take, you must have a home and second step, you must have a financial stability to look after yourself. So, when all these steps are made, how will you pass your time? Because after retirement, you have got 24 hours to stay at home.

People do not plan and then the problem starts at home. Plan your retirement life and you will never have a grief after retirement. Rather, after retirement, you will enjoy the life, you will be happier. Death of a pet, yes, some people, they love their pet so much. Cherished dream, where you have dreamt of becoming an engineer or doctor, you join the medical college, but somehow you just cannot finish your MBBS graduation.

You cannot complete it. So, your dream gets shattered, maybe because of certain accidents and other things. You love somebody, she is seriously ill. Loss of friendship, very close dear friendship for over 3-4 decades, you know, if it gets broken up. Loss of safety after trauma, after you suffer a trauma, social support and all those things, they

were available to you, but then later on, they have been withdrawn and selling the family home.

People are attached to their parental home because you are staying in the parental home and your father and grandfathers and grand-grandfathers, they are staying there. So, you have got so much of attachment because this is my own and you do not feel like selling your paternal home and properties and other things. So, there can be many more things and again everything, the grief depends upon the personality, emotional personality of the person.

(Refer Slide Time: 08:40)

### **GRIEF...**

- Even subtle losses in life can trigger a sense of grief. For example, you might grieve after moving away from home, graduating from college, or changing jobs.
- Whatever your loss, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to grieve for certain things. If the person, animal, relationship, or situation was significant to you, it's normal to grieve the loss you're experiencing. Whatever the cause of your grief, though, there are healthy ways to cope with the pain that, in time, can ease your sadness and help you come to terms with your loss, find new meaning, and eventually move on with your life.

## THE GRIEVING PROCESS

- Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.
- Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and **there is no “normal” timetable for grieving**. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

Grief, grieving process.

(Refer Slide Time: 08:47)

## MYTH ABOUT THE GRIEVING PROCESS...

- **MYTH:** The pain will go away faster if you ignore it
- **FACT:** Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.
- **MYTH:** It's important to “be strong” in the face of loss.
- **FACT:** Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to “protect” your family or friends by putting on a brave front. Showing your true feelings can help them and you.

Now, let us talk about the myth. Myth, people say the pain will go away faster if you ignore it. Sorry my friends. If you ignore it, it will not go away faster because this is a psychological reaction and it is a natural reaction. It remains with you. If you try to ignore your pain or keep it from surfacing, will only make it worse in the long run.

So, for real healing, it is necessary to face your grief and actively deal with it. Confront with the grief. Yes, accept it and express it to the people. You are very bad. I am so sad that you know so and so has passed away.

I really loved him, you know. Express it. Don't ignore it. Don't keep it to yourself. Myth, people think it is important to be strong in the face of loss.

No, my dear friend, there is no question of getting stronger against psychological reactions. It's all normal. Feeling sad, frightened or lonely in a normal reaction to loss. Crying doesn't mean you are weak. You don't need to protect your family or friends by putting on a brave front.

Showing your true feelings can help them and you. Tell them its normal reactions. You also do the same thing. Let your family members also do the same thing. You don't have to be so strong that you just ignore it.

(Refer Slide Time: 10:25)

### **MYTH ABOUT THE GRIEVING PROCESS...**

- **MYTH:** If you don't cry, it means you aren't sorry about the loss.
- **FACT:** Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.
- **MYTH:** Grieving should last about a year.
- **FACT:** There is no specific time frame for grieving. How long it takes differs from person to person.

Third myth, if you don't cry, it means you are not sorry about the loss. No. Big no. Crying is a normal response to sadness.

But it is not the only one. I never cry. I just never cry in front of anything. Anything happens. I never cry at all.

Doesn't mean that I don't feel sad. I do feel sad equally rather more than what other people are feeling about that incident, you know. Those who do not cry may feel the pain just as deeply as others. They may simply have other ways of showing it, you know. I may cry sometimes after a month or so. I may express it to somebody with whom I am so close by, you know, I am really sad, you know.

So crying is not the only expression of grieving process. Grieving should last about a year. We discussed already that there is just no normal time to be fixed. We can't fix. Grieving should be over in one week or two weeks or three weeks.

No, it can carry on. It depends on the personality. It depends upon the situation. And later on, now try and understand, grieving gets converted into memory. You see, we do remember our parents. We do remember those friends who are not with us now.

I am 70 plus. We are not grieving about it because it's a normal process. They came. We had a very wonderful company. Jab tak jinda teh (Hindi phrase meaning as long as he was alive) we are together and now he has left it fine.

(Refer Slide Time: 12:10)

### **MYTH ABOUT THE GRIEVING PROCESS...**

- **MYTH:** Moving on with your life means forgetting about your loss.
- **FACT:** Moving on means you've accepted your loss—but that's not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. In fact, as we move through life, these memories can become more and more integral to defining the people we are

Those beautiful memories are with us now. Moving on with your life means forgetting about your loss. No. Big no. Moving on means you have accepted your loss but that is not the same as forgetting.

We accept it because it is reality of life. Nobody is going to stay here forever. People have to come and go. Jan mahoto ho marate hain (Hindi phrase meaning People are born, live, and eventually die). It's very normal, simple. We accepted the fact but does not mean that we have forgotten our parents or our friends who have just gone to heavenly abode.

You can move on with your own life and keep the memory of someone or something you lost as an important part of you and that you must be knowing it. You know it. You are doing the same thing. But at the same time, you are having your own personal life.

(Refer Slide Time: 13:15)

### Dealing With The Grieving Process!

While grieving a loss is an inevitable part of life, there are ways to help cope with the pain, come to terms with your grief, and eventually, find a way to pick up the pieces and move on with your life.

- Acknowledge your pain.
- Accept that grief can trigger many different and unexpected emotions.
- Understand that your grieving process will be unique to you.
- Seek out face-to-face support from people who care about you.
- Support yourself emotionally by taking care of yourself physically.
- Recognize the difference between grief and depression.

Dealing with grieving process, acknowledge your pain, accept that grief can trigger many different and unexpected emotions.

Understand that your grieving process will be unique to you. It's individualized. Seek out face to face support from the people.

No problem. It doesn't show that you are weak. You need the support. You are asking for it. Support yourself emotionally by taking care of yourself physically. Emotionally and physically, they are interdependent. Physically, you must remain strong and if you are strong physically, automatically, your emotional stability will not be disturbed.

Recognize the difference between grief and depression. Grief will lead you to depression if it's a prolonged grief.

(Refer Slide Time: 14:10)

### **THE FIVE STAGES OF GRIEF: EXAMPLES**

1. **Denial:** "This can't be happening to me."
2. **Anger:** "*Why* is this happening? Who is to blame?"
3. **Bargaining:** "Make this not happen, and in return I will \_\_\_\_\_."
4. **Depression:** "I'm too sad to do anything."
5. **Acceptance:** "I'm at peace with what happened."

## The five stages of grief

- If you are experiencing any of these emotions following a loss, it may help to know that your reaction is natural and that you'll heal in time. However, not everyone who grieves goes through all of these stages—and that's okay. Contrary to popular belief, **you do not have to go through each stage in order to heal.** In fact, some people resolve their grief without going through *any* of these stages. And if you do go through these stages of grief, you probably won't experience them in a neat, sequential order, so don't worry about what you "should" be feeling or which stage you're supposed to be in.
- Kübler-Ross herself never intended for these stages to be a rigid framework that applies to everyone who mourns. In her last book before her death in 2004, she said of the five stages of grief: "They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but **there is not a typical response to loss, as there is no typical loss.** Our grieving is as individual as our lives."

Five stages we already seen.

(Refer Slide Time: 14:18)

## GRIEF CAN BE A ROLLER COASTER!

Instead of a series of stages, we might also think of the grieving process as a roller coaster, full of ups and downs, highs and lows.

Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

Grief can be a roller coaster. Roller coaster means sometimes it goes high, sometimes it comes low and this is what happens.

So, you should not worry about it. Sometimes you really remember the people your parents and other friends who are not with you now. You are missing them for one, two, three days. You keep on, you get disturbed. You may not get sleep also, but then again after two, three days, it's over.

Fine. You know. So, this will keep on happening. Nothing new about it. It's not a disorder.

(Refer Slide Time: 14:50)

### **SYMPTOMS OF GRIEF**

While loss affects people in different ways, many of us experience the following symptoms when we're grieving. Just remember that almost anything that you experience in the early stages of grief is normal—including feeling like you're going crazy, feeling like you're in a bad dream, or questioning your religious or spiritual belief:

1. Emotional Symptoms of Grief
2. Physical Symptoms of Grief

Symptoms of grief, two types, emotional symptoms and physical symptoms.

(Refer Slide Time: 15:00)

## 1. EMOTIONAL SYMPTOMS OF GRIEF

- **Shock and disbelief.** Right after a loss, it can be hard to accept what happened. You may feel numb, have trouble believing that the loss really happened, or even deny the truth. If someone you love has died, you may keep expecting them to show up, even though you know they're gone.
- **Sadness.** Profound sadness is probably the most universally experienced symptom of grief. You may have feelings of emptiness, despair, yearning, or deep loneliness. You may also cry a lot or feel emotionally unstable.
- **Guilt.** You may regret or feel guilty about things you did or didn't say or do. You may also feel guilty about certain feelings (e.g. feeling relieved when the person died after a long, difficult illness). After a death, you may even feel guilty for not doing something to prevent the death, even if there was nothing more you could have done.
- **Anger.** Even if the loss was nobody's fault, you may feel angry and resentful. If you lost a loved one, you may be angry with yourself, God, the doctors, or even the person who died for abandoning you. You may feel the need to blame someone for the injustice that was done to you.
- **Fear.** A significant loss can trigger a host of worries and fears. You may feel anxious, helpless, or insecure. You may even have panic attacks. The death of a loved one can trigger fears about your own mortality, of facing life without that person, or the responsibilities you now face alone.

Emotional shock and disbelief, sadness, guilt, anger and fear. Now, this we must understand. Guilt will come when you have done something wrong intentionally to that person whom you are missing now. Therefore, my dear friends, always respect your elders, respect your parents, respect your friends. Don't make any mischief with them because all of a sudden when they will not be with you, you will have a guilt feeling in your mind and it will remain so. So, make your life lovely. Forgive and forget and particularly look after your parents and elderly so dearly that you don't have regrets later on when they die.

Otherwise, you will feel, I could not look after them. I should have looked after them well, you know. So, this is the time.

(Refer Slide Time: 16:10)

## **2. PHYSICAL SYMPTOMS OF GRIEF**

We often think of grief as a strictly emotional process, but grief often involves physical problems, including:

- Fatigue
- Nausea
- Lowered immunity
- Weight loss or weight gain
- Aches and pains
- Insomnia

Physical fatigue, nausea, lowered immunity. Lowered immunity means when you become physically weak, your body immunity decreases. People must have seen this during COVID time of two years, 2020 and 21.

People lost their immunity and therefore, they suffered. So, emotionally when you become weak, physically also become weak, try and do regular exercises. Be stronger physically and then emotionally also become stronger and the question of lowered immunity does not arise. Weight loss, aches and pains and insomnia, these are the physical symptoms of grief which can happen.

(Refer Slide Time: 17:00)

## SEEK SUPPORT FOR GRIEF AND LOSS

The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Even if you're not comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. While sharing your loss can make the burden of grief easier to carry, that doesn't mean that every time you interact with friends and family, you need to talk about your loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself.

Seek support for grief and loss, we said sometimes it is getting out of hand and grief prolongs longer. It is better to seek support from psychiatrist or some counselors.

(Refer Slide Time: 17:15)

## SEEK SUPPORT FOR GRIEF AND LOSS

- 1. Turn to friends and family members.** Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Rather than avoiding them, draw friends and loved ones close, spend time together face to face, and accept the assistance that's offered. Often, people want to help but don't know how, so tell them what you need—whether it's a shoulder to cry on, help with funeral arrangements, or just someone to hang out with. If you don't feel you have anyone you can regularly connect with in person, it's never too late to build new friendships.
- 2. Accept that many people feel awkward when trying to comfort someone who's grieving.** Grief can be a confusing, sometimes frightening emotion for many people, especially if they haven't experienced a similar loss themselves. They may feel unsure about how to comfort you and end up saying or doing the wrong things. But don't use that as an excuse to retreat into your shell and avoid social contact. If a friend or loved one reaches out to you, it's because they care.
- 3. Draw comfort from your faith.** If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.
- 4. Join a support group.** Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the Resources section below.
- 5. Talk to a therapist or grief counselor.** If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

How do you take the support? Turn to friends, close relatives and just what sort of support you do? You don't have, you don't require a support to do this. No, it is not the turn to friend's means just go and speak to them about your feelings, you know, I am feeling so sad, you know. By saying these things repeatedly, automatically, your grief

will be reduced. Emotional support. Except that many people feel awkward when trying to comfort someone who is grieving.

Remember this thing also, when you are grieving, it is not necessary that other people will also speak something, you know, like I never speak anything. I just remain silent. When somebody comes to me with so much of unhappiness and this and that problem, I just listen to him, very active listening, you know. I nod my hand, sometimes smile, sometimes ask a small question.

But I remain in silence and I am all throughout present. My mind is there and that is how he gets the emotional support. It is not necessary that every time those people will speak to you, you know, no, no, theek hojayega (Hindi words meaning things will be okay) things will be alright. You know, it is not required. Silence is also a type of language, non-verbal language and it is more powerful than what you speak. This is the occasion, this is the condition, this is the situation where words are not enough.

Silence is enough. Silence is important. Silence is powerful. And silence will convey that you are with him in his grief. Draw comfort from your faith. Faith means religion, your kul devta, God, Goddess, whomever on whom you have got full trust. Join a company of support group, friends, talk to a therapist or counselor that is the finest thing. But I am sure if you talk it out, social support, I say time and again, this is the key in all psychological distress, including grief and bereavement.

(Refer Slide Time: 19:50)

## **USING SOCIAL MEDIA FOR GRIEF SUPPORT**

- Memorial pages on Facebook and other social media sites have become popular ways to inform a wide audience of a loved one's passing and to reach out for support. As well as allowing you to impart practical information, such as funeral plans, these pages allow friends and loved ones to post their own tributes or condolences. Reading such messages can often provide comfort for those grieving the loss.
- Of course, posting sensitive content on social media has its risks. Memorial pages are often open to anyone with a Facebook account. This may encourage people who hardly knew the deceased to post well-meaning but inappropriate comments or advice. Worse, memorial pages can also attract Internet trolls. There have been many well-publicized cases of strangers posting cruel or abusive messages on memorial pages.
- To gain some protection, you can opt to create a closed group on Facebook rather than a public page, which means people have to be approved by a group member before they can access the memorial. It's also important to remember that while social media can be a useful tool for reaching out to others, it can't replace the face-to-face support you need at this time.

Use social media. Nowadays, of course, WhatsApp and other things are there. You put a post and you are lost so and so and you will get so many messages. We are with you and we pray God that the departed soul gets sadhgati, you know, peace of mind and so many things will come. It will make you happier that people are with you.

I never post anything on WhatsApp. I generally speak straight way. I pick up my mobile and just speak to the guy for just less than about 10, 20 seconds only. Yes, I am with you now. Postings to social media is very important. Give it out. It's one way that you express your sentiments and feelings, psychological feelings.

(Refer Slide Time: 20:50)

## **TAKE CARE OF YOURSELF AS YOU GRIEVE...**

When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

- 1. Face your feelings.** You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.
- 2. Express your feelings in a tangible or creative way.** Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to your loved one.
- 3. Try to maintain your hobbies and interests.** There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

Take care of yourself and give grief. Face your feelings. You have to face, express your feelings in a tangible or creative way. Write about your loss on a piece of paper. Again, when you write a loss, your feelings will come out. Try to maintain your hobbies and interests. You know what happens hobbies and interests, you get really activated in those lines.

You don't have any time to think about your grief. Think about the loss. Like why I am talking to, I just forget every damn thing. I am just a whole, my whole mind is into this lecture. Similarly, if you have a particular hobby, cycling, mountaineering, going around into the forest or going to the riverside, seeing sunset, sunrise, listening to the birds, you know, these are all hobbies, writing, reading. So hobbies means what? That particular work which comes from your heart and your mind is not involved.

That is the hobby. You are fully in that particular hobby, how the time passes, what's the environment doing it, you are just unknown about it. You are just with your hobby, with your work, which you really love.

(Refer Slide Time: 22:25)

## **TAKE CARE OF YOURSELF AS YOU GRIEVE**

4. **Don't let anyone tell you how to feel, and don't tell yourself how to feel either.** Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.
5. **Plan ahead for grief "triggers."** Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it's completely normal. If you're sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honor the person you loved.
6. **Look after your physical health.** The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.

Don't let anyone tell you how to feel and don't tell yourself how to feel either. Turn ahead for grief triggers and look after your physical health.

To me, this is the most important thing. Physically, if you are strong, you can face everything.

(Refer Slide Time: 22:42)

## **WHEN GRIEF DOESN'T GO AWAY...**

As time passes following a significant loss, such as the death of a loved one, it's normal for feelings of sadness, numbness, or anger to gradually ease. These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life. However, if you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

When grief doesn't go away, it's a serious problem and it becomes, it is called a complicated grief. We just said three types of grief, anticipatory grief, second is the

normal grief and third is the complicated. So when the grief becomes complicated, it is necessary to go to a doctor, to a counselor and talk about it.

(Refer Slide Time: 23:20)

### **COMPLICATED GRIEF**

The sadness of losing someone you love never goes away completely, but it shouldn't remain center stage. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as *complicated grief*. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships.

#### **SYMPTOMS OF COMPLICATED GRIEF INCLUDE:**

- Intense longing and yearning for your deceased loved one
- Intrusive thoughts or images of your loved one
- Denial of the death or sense of disbelief
- Imagining that your loved one is alive
- Searching for your deceased loved one in familiar places
- Avoiding things that remind you of your loved one
- Extreme anger or bitterness over your loss
- Feeling that life is empty or meaningless

Symptoms of complicated, intense longing, intrusive thoughts, time and again the thoughts of that departed soul comes into your mind, denial.

You still think that no, he's not dead, he's in this room and then only go and open the door and you don't find him there. Imagine that your loved one is still alive. Such things are happening. Searching for your deceased love in a familiar place, avoiding things that remind you of your loved one, extreme anger, feeling that life is empty or meaningless. These are some of the symptoms of complicated grief and that will bring you psychological trauma.

(Refer Slide Time: 24:00)

## **PSYCHOLOGICAL TRAUMA**

If your loved one's death was sudden, violent, or otherwise extremely stressful or disturbing, complicated grief can manifest as psychological trauma or PTSD. If your loss has left you feeling helpless and struggling with upsetting emotions, memories, and anxiety that won't go away, you may have been traumatized. But with the right guidance, you can make healing changes and move on with your life.

(Refer Slide Time: 24:10)

## **THE DIFFERENCE BETWEEN GRIEF AND DEPRESSION**

Distinguishing between grief and clinical depression isn't always easy as they share many symptoms, but there are ways to tell the difference. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. Even when you're in the middle of the grieving process, you will still have moments of pleasure or happiness. With depression, on the other hand, the feelings of emptiness and despair are constant.

### **OTHER SYMPTOMS THAT SUGGEST DEPRESSION, NOT JUST GRIEF, INCLUDE:**

- Intense, pervasive sense of guilt
- Thoughts of suicide or a preoccupation with dying
- Feelings of hopelessness or worthlessness
- Slow speech and body movements
- Inability to function at home, work, and/or school
- Seeing or hearing things that aren't there

Let's see the difference between grief and depression. Grief and clinical depression is not always easy as they share many symptoms. Similar symptoms are there in grief and depression. Some of the symptoms, they are there in both the processes.

But there are ways to tell the difference. Remember, grief can be a roller coaster. It involves a wide variety of emotion and a mix of good and bad. Even when you are in the middle of the grieving process, you will still have moments of pleasure or happiness.

With depression, on the other hand, the feelings of emptiness and despair are constant. When you are depressed, your life is totally hopeless, empty, dark. Whereas in the grieving process, roller coasters sometimes should be happy and when the memories come back of the departed soul, of the lost person, again you feel sad.

(Refer Slide Time: 25:10)

### **CAN ANTIDEPRESSANTS HELP GRIEF?**

As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that must be worked through eventually, antidepressants delay the mourning process. Instead, there are other steps you can take to deal with depression and regain your sense of joy in life.

Can antidepressants help grief? As a general rule, normal grief doesn't warrant the use of entry. Normal grief I am talking about because it is normal. It has come and it will go on its own. While medications may relieve some of the symptoms of grief, it cannot treat the cause.

The cause, what is the cause? There you have lost somebody whom you love the most. If you take medication, is he going to come back? No, the cause will remain there. So, it is basically for you to understand the reality. Medication will not do anything at all. Furthermore, while numbing the pain that must be worked through, eventually antidepressants delay the mourning process.

Let the pain be there. There is no problem. And therefore, in our culture, in our Hindu culture, we have given 12 days for mourning after the death. On 12th day, we have

certain rituals, how one and other things we worship and that's the end of it. And then it may continue a month or two months.

Certain social procedures are there. In my street, in Gujarat, yes, it continues till one month. Continuous means what? They wear a different color of sari, they don't go out, they don't enjoy. Such things carry on, maybe a month. For certain people, if a husband has died, wife generally remains at home for three, four months like that. You know, this is the grieving process. You don't require any medications.

(Refer Slide Time: 26:50)

### When to seek professional help for grief

If you're experiencing symptoms of complicated grief or clinical depression, talk to a mental health professional right away. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better. Contact a grief counselor or professional therapist if you:

- Feel like life isn't worth living
- Wish you had died with your loved one
- Blame yourself for the loss or for failing to prevent it
- Feel numb and disconnected from others for more than a few weeks
- Are having difficulty trusting others since your loss
- Are unable to perform your normal daily activities

When to seek professional help? We saw that.

(Refer Slide Time: 26:55)

## **HOSPICE CARE**

Being able to care for a dying loved one tends to promote the healing process for those who are left behind. That care can either be provided at home, in the hospital, or in **hospice** care. Hospice is a program or facility that provides special care for people whose health has declined to the point that they are near the end of their life. Such programs or facilities also provide special care for their families.

Hospice care, we spoke about hospice care in the first week itself. Yes, hospice has a program or facility that provides special care for people whose health has declined to the point that they are near the end of their life. Such programs or facilities also provide special care for their families. I said that palliative care is the only stream of medicine, which looks after patient's family after the death of the patient, bereavement and grieving process.

So, hospital, hospice can provide that. Yes, one can go to hospice, but I am certain that situation will not come if a very old person, he or she doing in such a process, prolong grief, can take shelter of the hospice.

(Refer Slide Time: 27:50)

## **PART: II**

### **STEPS FOR MANAGING GRIEF AND LOSS**



Steps for managing grief and loss.

(Refer Slide Time: 27:55)

### **7 STEPS FOR MANAGING GRIEF AND LOSS**

Grief is summarized as sadness felt after suffering loss. Although that's a fine cursory definition, it doesn't really give grief true meaning. Grief is a deep and sometimes complex response to loss.

Behavioral health provider and social worker at Mayo Clinic Health System Jessie Wolf says, "Even though it's often associated with death, grief can be the result of any sort of loss or major life change. Losing your job, getting divorced, even moving — these all can elicit feelings of grief." Initial grief frequently comes as acute emotional pain. While it may seem insurmountable when it first grasps hold of your life, there are ways to cope with grief. Supplying yourself with knowledge and grieving tactics is the best way to combat your loss. Wolf provides some tips to help you during the grieving process.

## 7 STEPS FOR MANAGING GRIEF AND LOSS

- 1. Give yourself permission to feel:** Grieving is a normal part of dealing with loss. But you can't grieve if you don't allow yourself the opportunity. Be sure to recognize the need to grieve and let it run its natural course. Your emotional health will be better served if you face your grief.
- 2. Write a letter to the deceased loved one:** If you've recently lost a loved one, try expressing your feelings through a letter. Writing a message about your emotions can be cathartic and aid with coping.
- 3. Journal about positive memories:** This is similar to writing a letter and can apply to any sort of loss. Even if you've lost your house, a journal about positive memories and experiences will help you focus on the good times. In terms of a loved one's death or divorce, journal about why you loved them and the joy you shared together.

Seven steps. First and most important, give yourself permission to grieve. You don't have to be stronger. I am strong, you know, I will not cry and I just deny it. I want to tell others that this doesn't have any effect on me. No, no requirement.

Grief is a psychological reaction. Just take it as such and give all the permission to yourself. Whatever you are feeling, express it out. If you want to cry, if you want to tell others, just say others, but don't keep it inside and show that you are strong enough not to show the grief. Write a letter to the deceased one. Yes, this is very good and this will help you when you are guilty about it.

Like you are a son and you have not looked after your father very well. You had enough money, everything, all the resources, but you neglected your father when he was ill and now all of a sudden he dies. Now you are a son after all, you know that you could have looked after your father. When you are a child, he looked after you, he gave you education, he put you in a job, he loved you so much and when he needed your time and looking after you did not do it, so that guilt is there.

Okay, my God, I didn't do it, you know. I should have done it. I should have helped him like a shraavan. Shraavan, all of you know. His parents were dead and they wanted to go on pilgrimage. He attached two baskets on a bamboo pole. In each basket, he put his mother

and father and he went around walking on foot. We expect our children to be like shravan, helping their parents and which you could not do it, so you have a guilt.

Now nothing can be done about it because if your father is gone, but the best thing is you write everything, father I am really very sorry that I could not look after you and at that time your tears will roll down and they'll drop on that later and your father will come to know. Your guilt, when your guilt will be relieved, will be a happier person. You can write, you can make a journal of positive memories, what your father has done or anybody, I'm just giving you an example that you have lost a father.

(Refer Slide Time: 30:35)

### **7 STEPS FOR MANAGING GRIEF AND LOSS**

4. **Talk to someone:** Even though talking to someone about your feelings seems simple, it can be extremely challenging. People may feel safer shutting everyone else out during their time of grief. Resist that urge and find a confidant to share with.
5. **Understand... grief affects everybody:** Grief is not age-specific or limited to certain populations. Children, teens and adults all grieve. Recognize this fact and expect signs of grief from all involved parties, no matter the age. And remember, everyone has their own unique form of grieving. There is no textbook way to grieve.
6. **Lend a supportive ear to others:** Maybe someone else's grief doesn't affect you in the same way or much at all. It's still important to support your loved ones during their grieving process. Be there to listen and comfort them. With kids, listening and being supportive is critical. Be sure to let them work through the process, and answer their questions directly as they arise. Neglecting to answer questions or answering questions in a roundabout way may lead a child to make up stories and even blame themselves for the death or loss.
7. **Prepare for recurring grief:** Holidays, birthdays and other events can spark grief — even years after a loss. Recognize these triggers and prepare to handle the grief as needed. "Loss and subsequent grieving are challenging. But with proper coping techniques and an understanding of the grieving process, you will be better prepared to handle grief and loss," adds Wolf.

Talk to someone who is important to you, who is very friendly to you and who has got time to speak to you.

Understand grief affects everybody. Grief affects everybody. It's not age specific or limited to certain population. Children, teens, adults, everybody grieves, but they grieve in a different ways. Lend a supportive ear to others. When somebody comes and talks to you, listen to him properly. May someone else's grief doesn't affect you in the same way or much at all, it is still important to support your loved ones during their grieving process.

Be there to listen and comfort them. And last, prepare for recurring grief. Grief is like a roller coaster, it goes, have you seen roller coaster or have you enjoyed roller coaster? It goes up and down. Up it goes, you feel happy. Again it comes down, it's just like that. The grief also, sometimes it is there, sometimes it is not there.

And it may come anytime because whenever you remember, again it comes back, again only for a few days. So you should be ready, yes it can happen like this. So these are the seven steps for managing grief and loss.

(Refer Slide Time: 32:15)

### **HEALTHY WAYS TO COPE WITH LOSS**

- **Turn to friends and family members** – Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Draw loved ones close, rather than avoiding them, and accept the assistance that's offered. Oftentimes, people want to help but don't know how, so tell them what you need – whether it's a shoulder to cry on or help with funeral arrangements.
- **Draw comfort from your faith** – If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you – such as praying, meditating, or going to church – can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.
- **Join a support group** – Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers.
- **Talk to a therapist or grief counselor** – If your grief feels like too much to bear, call a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

Healthy ways to cope with the loss. Generally repetition is there, but we'll just see. Turn to friends, talk to them, draw comfort from your faith, trust your God and just feel that whatever God is doing, it is okay and accept it. Join a support group, talk to a therapist.

(Refer Slide Time: 32:40)

## HEALTHY WAYS TO COPE WITH LOSS

- **Face your feelings.** You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.
- **Express your feelings in a tangible or creative way.** Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to him or her.
- **Look after your physical health.** The mind and body are connected. When you feel good physically, you'll also feel better emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.
- **Don't let anyone tell you how to feel, and don't tell yourself how to feel either.** Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.
- **Plan ahead for grief "triggers".** Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it's completely normal. If you're sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honor the person you loved.

Healthy ways to cope with loss. Face your feelings, express your feelings, look after your physical health. This is very important.

We are generally seen, this is repetition.

(Refer Slide Time: 32:55)

## How to help a friend who is grieving...

- **Listen with your heart:** Be an active listener. You may have to listen to the same story over and over again. Just listen, repetition is a part of the grieving process.
- **Be compassionate:** Never say "I know how you feel". Don't try to take your friend's feelings away. Think of yourself as a helper not as the solution to their problems.
- **Avoid clichés:** Things like "Time will heal all wounds" "Think of all you have to be thankful for" These can make your friend feel like you feel like they shouldn't be grieving and that they need to move on immediately.
- **Understand the uniqueness of grief:** No one responds to loss in the same. Be patient. It may take your friend a longer or shorter time than you would to go through the grieving process.
- **Offer practical help:** Preparing food, cleaning or answering the phone for your friend during the first few days after the loss can help your friend feel less overwhelmed and stressed.

How to help a friend with a grieving process. Listen with your heart. When a friend comes to you and speaks to you about his loss, listen to him silently. Be compassionate.

Avoid glitches, time will heal all wounds. All these things are not required. Silence is most important in such cases. In such cases, silence is very important. Don't have to speak anything. Ke samne sab kuch theek kardega yeh har ek mata pitha marjatage (Hindi phrase meaning in front of them, everything gets fixed, but every parent eventually passes away.).

All these things are not required to be told. Time will do, time will heal. People die, parents die. All these things are not required to be told. Just sit silently, at times put your hand on the back. Understand the uniqueness of grief and offer practical help. Ask him what can he do for you. Any work which with external word, even requires food, provide food, some cleaning things, if buy is not there, yes I'll send some assistance.

Ask for the practical help, what he can do because that fellow doesn't want to go out for few days. So, such sort of thing you can do that.

(Refer Slide Time: 34:15)

### **How to help a friend who is grieving...**

- **Make contact:** Remain available for your friend. A brief visit or phone call may mean more than you think.
- **Write a personal note:** What to write? Let your friend know that you are there for them and are thinking of them. Share the qualities you admire in your friend or a favorite memory that may make them smile.
- **Be aware of holidays and anniversaries:** Your friend may need more help or special attention during these times because these events may emphasize what they have lost.
- **Understand the importance of loss:** Loss is significant and can have a great impact on your friend (physically, mentally, socially). Realize that loss is a big deal and has really affected their life.

Make contact on his behalf. This is what I had done number of times. In my society, once a gentleman died, I went up, did this or that, but it was night time and he was dead.

So, there was no requirement of taking him to the hospital. But then I immediately asked the wife, do you have any diary in which numbers are written? She gave me the diary. I said, whom should I contact now? Kisko Kisko (Hindi words meaning whom whom) message then I just tell me and tell me how he is related to you. So, she gave me the numbers, he is a brother and bhabhi (Hindi word meaning Sister in law) and this and that.

Okay, I contacted these people. This is the way you can help. Write a personal note, be aware of politics and anniversaries and understand the importance of loss. This is the way you can help a friend.

You can write a small personal note also. Okay, I am very sorry. This is what we do nowadays on WhatsApp also. One year after it passes again you can remind you, anniversary. And always remember loss is a loss my dear friend. Like we said bad news is always a bad news. This is about breaking bad news to a patient that you are suffering from really a nasty disease and you have got limited time.

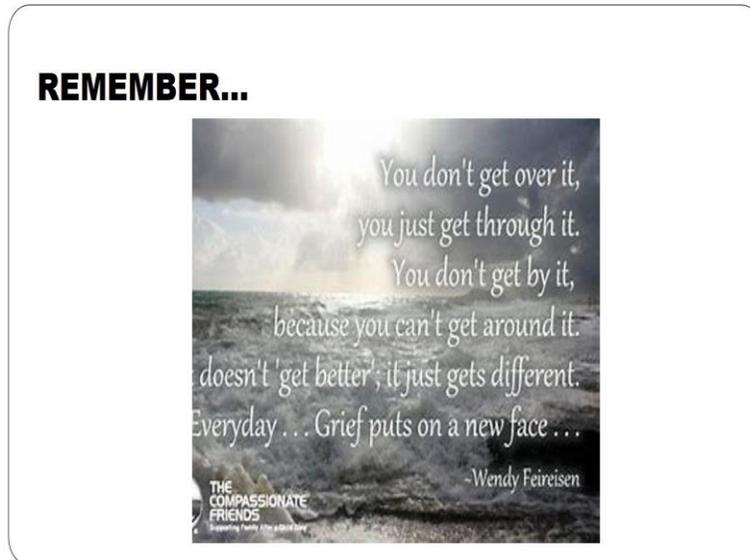
Bad news is a bad news and similarly such loss, a personal loss is a personal loss. We cannot call him back from the heaven. Seek help for grief.

(Refer Slide Time: 36:08)



We saw that hope is the last word. Hope will do everything correct. Every day may not be good. Every day may not be good but there is something good in every day. Do you understand it? Every day may not be good but remember there is something good in every day. That is the hope.

(Refer Slide Time: 36:30)



Remember you don't get over it, you just get through it. You don't get by it because you can't get around it. Doesn't get better, it just gets different every day. Grief puts on a new face. That's all my dear friends. We spoke almost for one week about grief and bereavement. And I am certain you must have understood certain issues. You must be knowing earlier also particularly but I am sure I could have thrown certain more light and you are better equipped to understand such a situation when it gets around, it comes across and maybe anywhere for that matter. Okay. Thank you. Thank you very much.