

Week 3

Grieving – We all grieve differently and often why many people don't understand and think someone is not "doing it right". Most people think grieving is expressing emotions but there are many other ways of expressing grief. Some people think their way through the grief while others feel their way through grief.

Intuitive Style of grieving:

- Outward signs of grief shown. They express their feelings and emotions of the pain associated with grief.
- Often may feel confused, unable to focus, disorganized or disorientated. With working on your grief, it will ease with time.
- Due to the physical expression of emotions, they may experience exhaustion, overwhelm and anxiety.
- Can be described as "emotional".
- **How to help?** Find support, explore your feelings, talk about them, rest, let the emotions flow. Seek professional support if it becomes too much.

Instrumental Style of grieving:

- More cognitive-focused form of grieving with a more problem-solving approach to healing. Will ask more questions, want to know details.
- Focuses on the doing rather than the emotions.
- Often seen as one who suppresses their grief-related emotions
- Usually, master strategies to help keep feelings inside and 'in control'.
- There often are brief periods of the inability to function cognitively and experiences of confusion, forgetfulness and possibly obsession.
- Often experience enhanced energy levels, often missing grief cues such as melancholy or sadness.
- Can be described as "in denial" or "Cold"
- Often not aware they are suffering from grief and therefore more difficult to heal.
- **How to help?** Do things... legacy projects can be a great way of doing something while honouring your loved one. Seek answers and details to the questions associated with your grief. Seek professional help if it is too overwhelming.

Remember – some people can be both

What Kind of Griever are you? What actions can you take to help?

List experiences/characteristics	Actions to help