



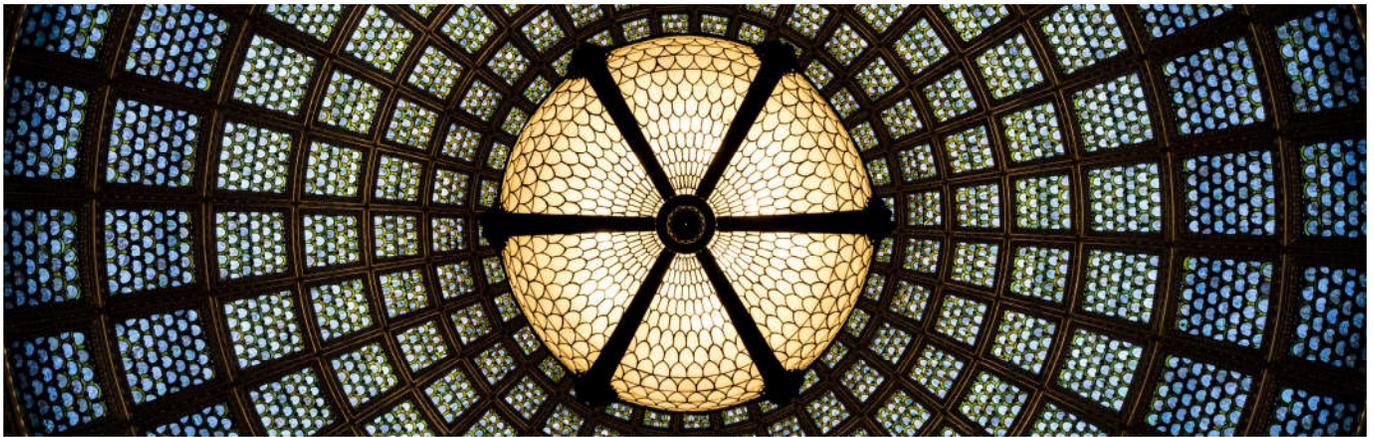
Faithful Conversations:
Embracing Mental Health & Well-Being

loss and grief

Dana Faircloth Sumner
January 26, 2022

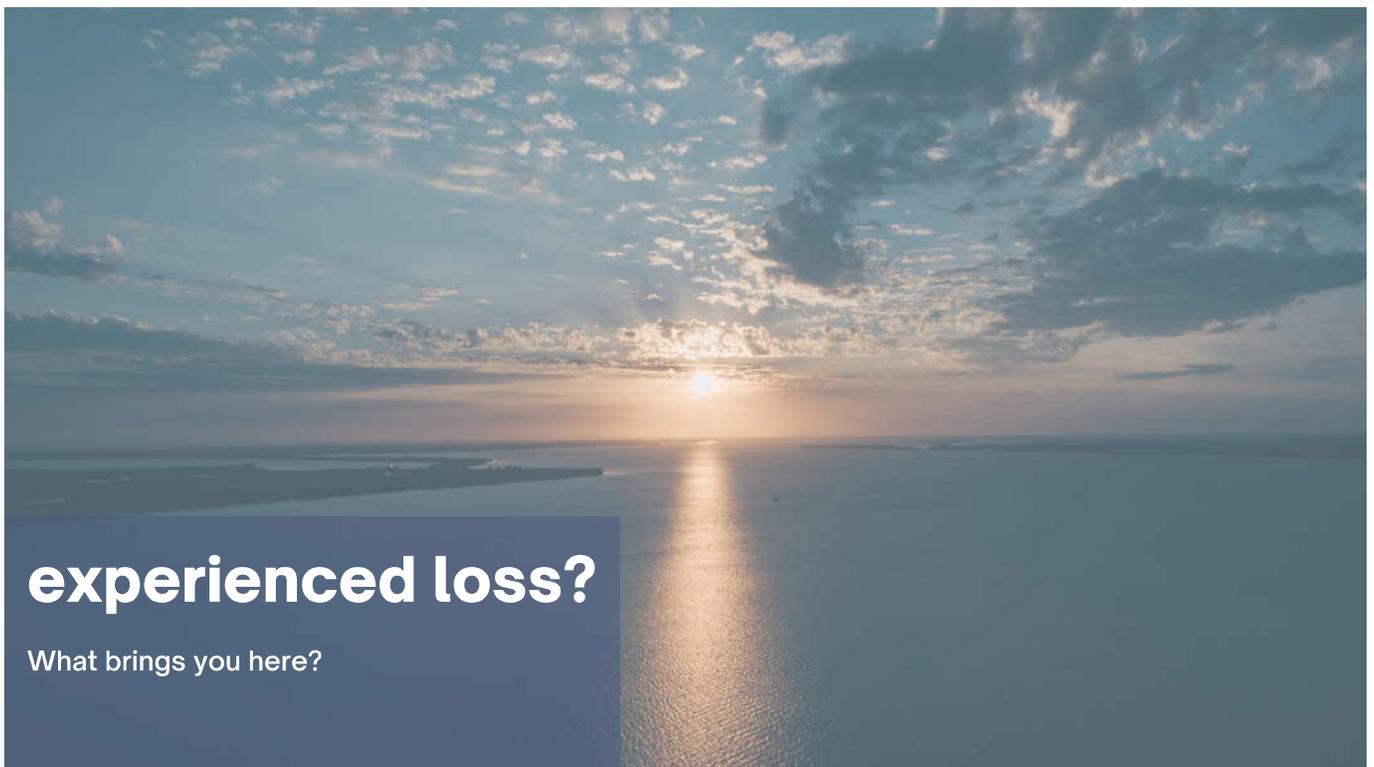
My Background & Experience

- Stetson University, FL: BA psychology, communication minor
 - Residence Life
- Queens University of Charlotte, NC
 - Residence Life
- Appalachian State University, NC: MA Student Development
 - Residence Life
 - Career Counseling & Development
- Elon University, NC
 - Residence Life
- Meredith College, NC
 - Career Counseling & Development
 - Gallup Certified Strengths Coach
- My faith journey
- Death of my father-in-law - June 2013
- Death of a close friend - March 2021
- Death of my father - October 2021



my core beliefs, assumptions, & approaches

- My training & experience + my faith and trust in Christ as my personal Savior & Lord & his plan for my life.
- Loss, grief, and mourning are complicated topics, highly personal and unique. Give yourself permission to feel and express what you feel.
- Be patient, kind, caring, compassionate, understanding, & empathetic with yourself and with others.

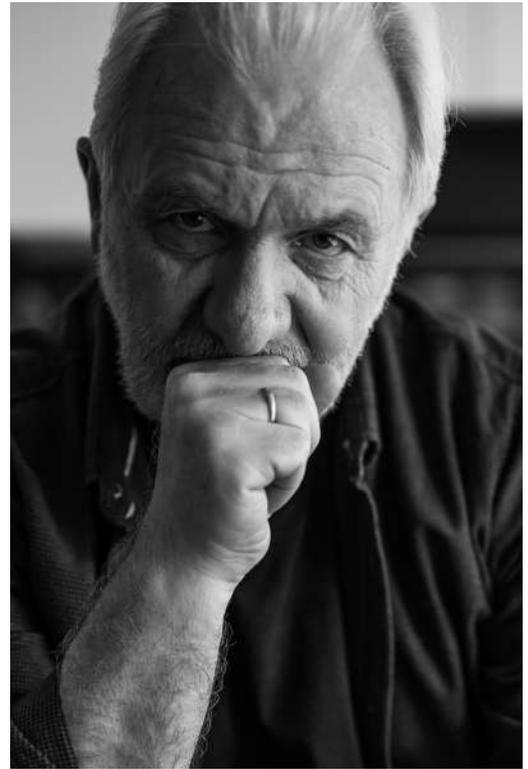


experienced loss?

What brings you here?

different kinds of loss

- Death
- Loss of relationships, family structure, identity
- Loss of opportunities, experiences, time
- Loss of health, physical ability, & emotional wellbeing
- Loss of job, income or financial security
- Loss of faith
- Loss of safety & security, control, decision making ability
- Loss of services & support
- Moving, leaving home
- Natural disasters, domestic crises
- Graduation
- What else?



some basic definitions

grief

Grief is what you think and feel inside about the loss or death. It is often a combination of feelings such as shock, confusion, anxiety, anger, regret, and sadness.

mourning

Mourning is when you express your grief outside of yourself. Mourning is showing and doing.

how do you express your grief?



Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Psalms 46:1

God is our refuge and strength, an ever-present help in trouble.

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

support for yourself



- Your grief is a normal and natural reaction to loss
- Grief can be complicated and complex
- Your grief isn't on a timeline
- Make time and space to talk about the loss and the grief
- Healing is an active process
- Express your thoughts, feelings and experiences by journaling, sharing your story, and through other forms that are natural to you
- Turn to trusted friends and family, ministers, advisers, support group
- Self-care
- Find meaning
- Seek support from a licensed counselor/therapist

support for children & teens

- Be present
- Listen, respond, and speak gently, honestly, and openly
- Use words on their level
- Allow conversation to occur naturally through play and typical behaviors of the child
- Talk just a little, then stop
- Model your own grief
- Provide a safe and loving environment so child knows they are cared for and heard
- Turn to trusted friends and family, ministers, advisers
- Seek resources and outside support from others, including a licensed counselor/therapist



support for others

- Reach out often
- Be present & acknowledge the pain
- Witness their grief
- Don't judge, try to fix it, or offer advice
- Feel vulnerable & awkward
- Listen & empathize
- Be a compassionate companion
- Offer practical help
- Encourage your friend/loved one to seek support from trusted ministers, advisers, and professional support from a licensed counselor/therapist



finding hope and healing



Matthew 11:28-30

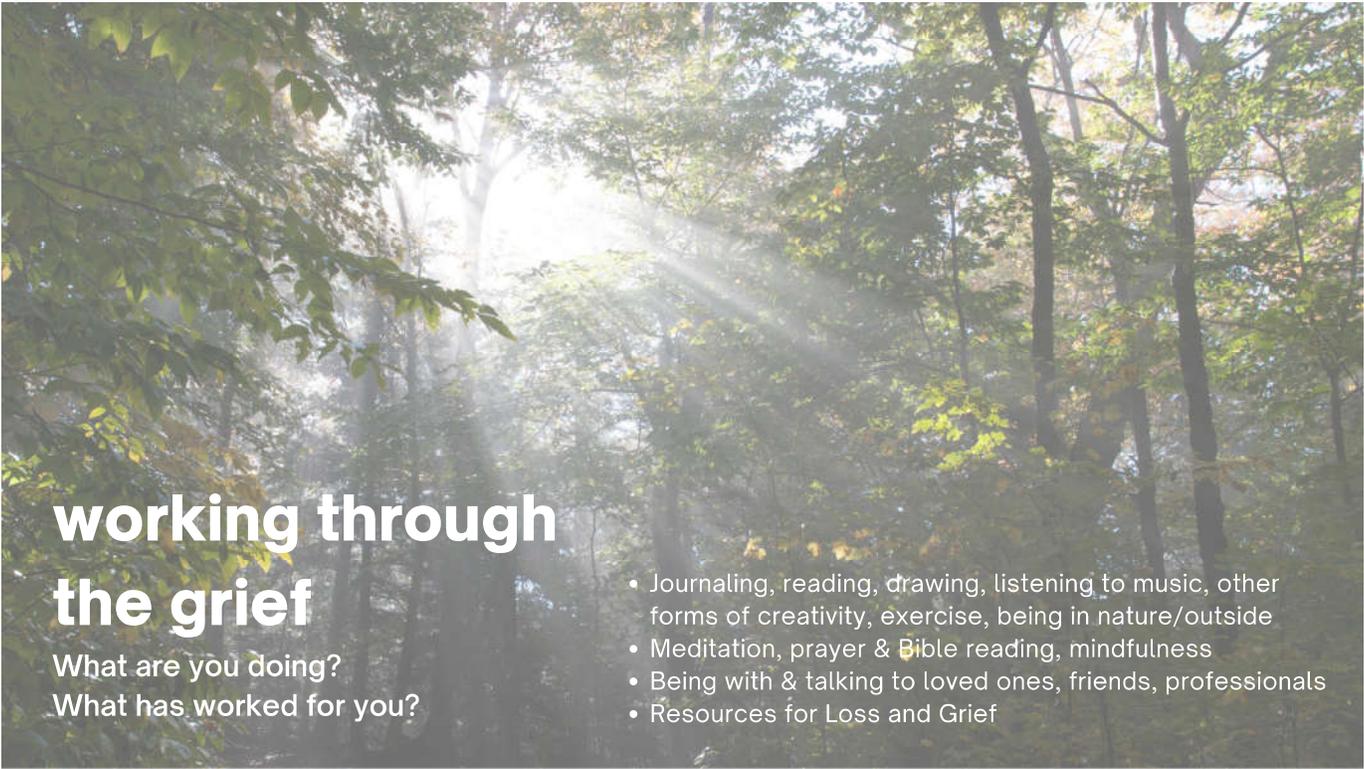
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. "

John 11:35

Jesus wept.

Philippians 4:13

I can do everything through him who gives me strength.

A photograph of a sun-dappled forest with sunlight rays streaming through the trees.

working through the grief

What are you doing?

What has worked for you?

- Journaling, reading, drawing, listening to music, other forms of creativity, exercise, being in nature/outside
- Meditation, prayer & Bible reading, mindfulness
- Being with & talking to loved ones, friends, professionals
- Resources for Loss and Grief

next week: continuing the conversation

Faithful Conversations:
Embracing Mental Health & Well-Being

Loneliness and Re-Socialization
Meredith Furr
February 2, 6:30pm



RESOURCES FOR LOSS AND GRIEF

BOOKS

Adults

- Devine, M. (2017). *It's ok that you're not ok: Meeting grief and loss in a culture that doesn't understand*. Sounds True, Inc.
- Friedman, R. & James, J.W. (2017). *The grief recovery handbook, 20th anniversary expanded edition: The action program for moving beyond death, divorce, and other losses including health, career, and faith*. William Morrow Paperbacks.
- Lewis, C.S. (2001). *A grief observed*. HarperCollins Publishers.
- Kessler, D. (2019). *Finding meaning: The sixth stage of grief*. Scribner.
- Hickman, M.W. (1994). *Healing after loss: Daily meditations for working through grief*. William Morrow Paperbacks.
- Jeremiah, D. (2004). *When your world falls apart: See past the pain of the present*. Thomas Nelson.
- Kübler-Ross, E. & Kessler, D. (2014). *On grief and grieving: Finding the meaning of grief through the five stages of loss*. Scribner.
- TerKeurst, L. (2018). *It's not supposed to be this way*. Thomas Nelson.
- Wolfelt, A. (2001). *Healing a child's grieving heart: 100 practical ideas for families, friends and caregivers*. Companion Press.
- Wolfelt, A. (2001). *Healing a teen's grieving heart*. Companion Press.
- Wolfelt, A. (2012). *Companioning the grieving child: A soulful guide for caregivers*. Companion Press.
- Wolfelt, A. (2013). *Finding the words: How to talk with children and teens about death, suicide, funerals, homicide, cremation, and other end-of-life matters*. Companion Press.
- Wolterstorff, N. (1987). *Lament for a son*. Eerdmans.

Children

- Brown, L.K. (1998). *When dinosaurs die: A guide to understanding death*. Little, Brown Books for Young Readers.
- Carestio, M.A. (2010). *Black Jack jetty: A boy's journey through grief*. Magination Press.
- Karst, P. (2018). *The invisible string*. Little, Brown Books for Young Readers.
- Mills, J.C. (2003). *Gentle willow: A story for children about dying*. Magination Press.
- Pellegrino, M.W. (1998). *I don't have an uncle Phil anymore*. Magination Press.

SERVICES/PROGRAMS/COUNSELING RESOURCES

- American Psychological Association (search topics of interest – for example: “mindfulness”): apa.org
- Catholic Diocese: (support groups for adults and children): dioceseofraleigh.org/pastoral-care/bereavement
- Center for Loss & Life Transition: centerforloss.com
- Divorce Care (support group to find healing from the pain of separation or divorce): divorcecare.org – group offered at TBC
- Duke Bereavement Support (counseling and support groups): dukehealth.org/treatments/home-care-and-hospice/bereavement
- Find a Licensed Therapist/Counselor: psychologytoday.com

- Grief Share (support group for people grieving the death of a family member or friend): griefshare.org – group offered at TBC
- Mindfulness: mindful.org (type 'loss and grief' in the search bar)
- Psychology Today (search topics of interest): psychologytoday.com/us
- Thriveworks (counseling): thriveworks.com/raleigh-counseling/grief-counseling
- Transitions Life Center: (support groups & individual counseling): transitionslifecare.org
- Triangle Grief Counseling: trianglegrief.com