



# Pause, Reset, Nourish: AKNOWLEDGING OUR GRIEF

## WHEN TO USE

- *In the midst of any grief or loss; feeling of loss of control or personal autonomy; loss associated with not being able to do what you need; loss of role; financial strain; separation from loved ones; death*

## CATEGORY

*Grief*

## THE SCIENCE BEHIND THIS PRACTICE

Grief can impact any part of our life including our relationships, perceptions, energy and mood. While it lives inside of us, it's passive and inert. But when we find ways to express it outside of ourselves, it changes. It becomes active. We feel better, and our experience of life is enriched

## OVERVIEW

Grief is an emotional reaction whenever our attachments are threatened, harmed, or severed. We experience shock and disbelief. We are anxious, which is a form of fear. We become sad and possibly lonely. We get angry. We feel guilty or regretful. These and any other thoughts and feelings we are experiencing as a result of the coronavirus pandemic may be our grief. It is essential to recognize that we can and should work with our grief.

<p><b>WHAT IS NEEDED</b></p>	<p>No tools are needed. But, it may be helpful for you to write your thoughts down in order to reflect on them. That can support you in this practice.</p>
<p><b>PAUSE</b></p>	<p>Take a full, deep breath, and focus your attention inward. What do you notice in your thoughts, emotions, and body sensations? Do you notice signs of anxiety, anger, restlessness, etc. or signs of detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, what color are you: green, yellow, orange, or red zone?</p>

<p><b>RESET</b></p>	<p>Take a few moments to acknowledge the reality of the pandemic as well as your grief. Notice changes in your body as thoughts and images emerge. Honour all of your feelings, without assigning value to them.</p> <p>Take another full, deep breath, and focus your attention inward. Notice what questions are coming to mind as you search for meaning in the midst of your grief. It's natural to wonder why something is happening. Often there aren't answers to these questions but it's important to ask the questions because it is in this enforced discomfort that we change.</p>
<p><b>NOURISH</b></p>	<p>Pausing once again, NOTICE how you feel (physically/emotionally) with curiosity, not judgement.</p> <p>Take a moment to extend compassion and gratitude to yourself for taking the time to acknowledge your grief. Though this might be hard, it is important as we learn to walk with our grief during this time of uncertainty.</p>
<p><b>FURTHER RESOURCES/ REFERENCES</b></p>	<p>Adapted from <a href="https://www.centerforloss.com/2020/03/coronavirus-six-needs/">https://www.centerforloss.com/2020/03/coronavirus-six-needs/</a></p> <p>Be sure to seek out ongoing support from family, friends or professionals</p>

**NOTES/SPECIAL CONSIDERATION:**

*Anything important that someone either leading or participating in the practice might need to know, paying particular attention to attending to safety, choice and other trauma informed principles e.g for mindfulness, be cautious not to direct people to close their eyes during a mindfulness practice but rather invite people do so and offer an alternative e.g. "We invite you to close your eyes if that feels comfortable, or find a place/spot to focus on".*