

How are you?  
No, Really!  
Processing Grief and Loss

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## **FIT YOUR OWN OXYGEN MASK FIRST**

You're no use to anyone if you're running on empty.  
Caring for yourself first is often the  
best thing you can do, in order to help others.  
It isn't selfish, or egocentric.  
**Just really good advice.**

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“What is most personal  
is most universal.”

– Carl R. Rogers



“In a real sense all life is inter-related. All [people] are caught in an escapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be.”

– Rev. Dr. Martin Luther King, Jr.



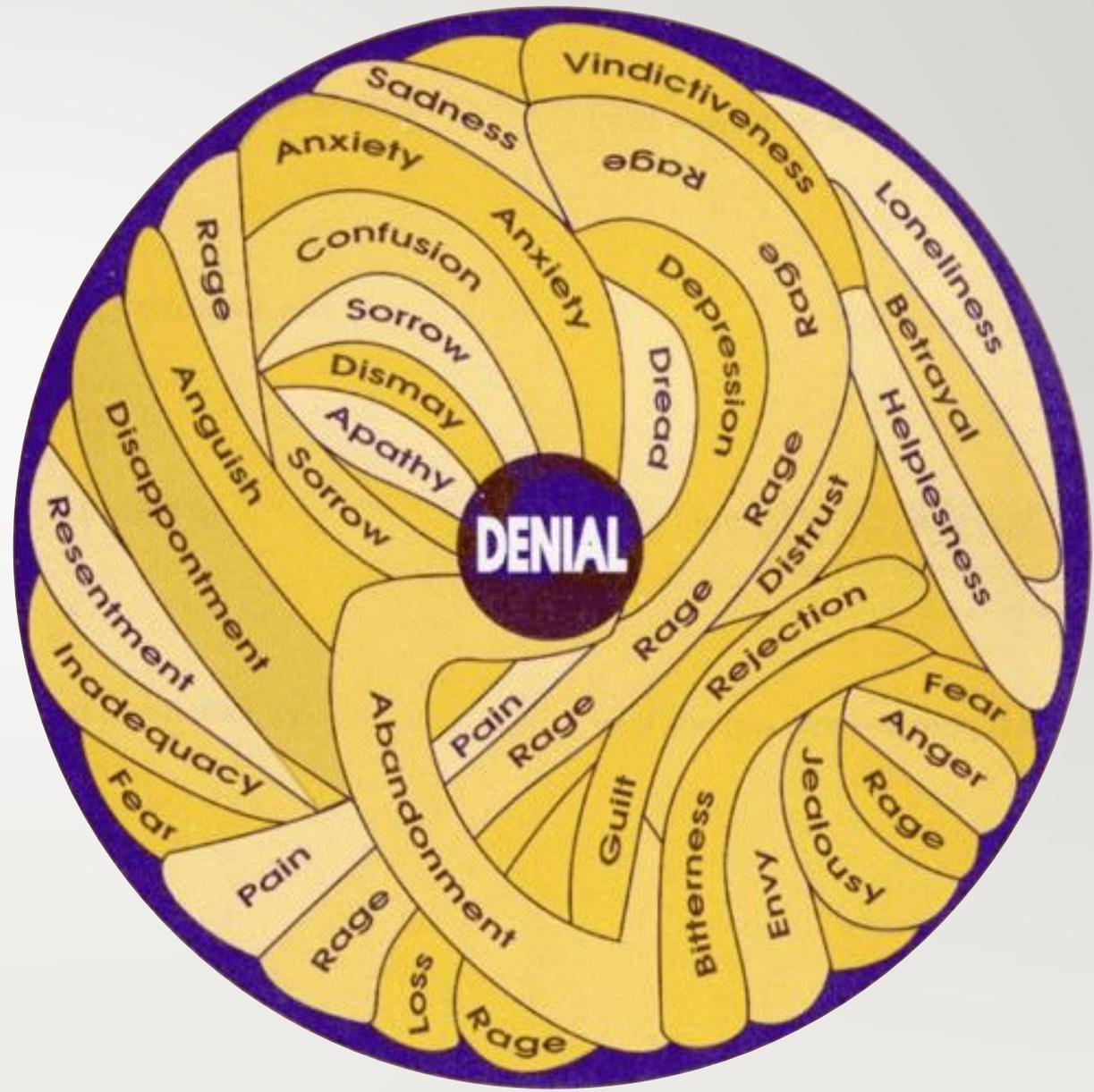
“Each person’s grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn’t mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining.”

– David Kessler



# Principles for Coaching Yourself Through Grief

Find a safe space.



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Find a safe space.

Board the roller coaster and hold on tight.

Tell your story.

Learn what is typical in grief.

Take as much time as you need.

Don't let anyone else tell you what is right for you.

Celebrate any growth.

Hold onto hope.



“‘When a person adapts to a loss, grief is not over.’ It doesn’t mean that we’re sad the rest of our lives, it means that ‘grief finds a place’ in our lives. Imagine a world in which we honor that place in ourselves and others rather than hiding it, ignoring it, or pretending it doesn’t exist because of fear or shame.”

– Dr. Brené Brown, *Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience*



# Questions?



What was that experience like for you?

What did you notice?

What did you learn?

