

A person with long brown hair, wearing a green hoodie and blue pants, is sitting on a wooden pier. They are facing away from the camera, looking out over a vast, calm body of water. The water is a deep blue-grey color with some ripples. The pier is made of dark wooden planks.

THE JOURNEY THROUGH GRIEF

Aleksandra Mroczko
IBM, 12.2020

ABOUT ME





DEATH OF A LOVED ONE, MISCELLATION

DIVORCE OR BREAKUP

LOSS OF A FRIEND

LOSS OF HEALTH or serious illness

DEATH OF A DOMESTIC ANIMAL

LOSS OF JOB and/or financial stability

LOSS OF SENSE OF SECURITY

LOSS OF FREEDOM or other value

LOSS OF YOUR most important DREAMS OR PLANS

SALE OR LOSS OF A FAMILY HOME, souvenirs, etc.

**SHOCK
DISBELIEF
SURPRISE
FREEZE**



**NUMBNESS
SUPERSESSION
WITHDRAWAL
ANXIETY**



**FRUSTRATION
HELPLESSNESS
RAGE
CRUSHING**



**LONELINESS
LONGING
FEELING GUILTY
FEAR
SADNESS
DESPERATION
FATIGUE
INDIFFERENCE**



**ALEKSANDRA
MROCZKO**
zgraj się z życiem

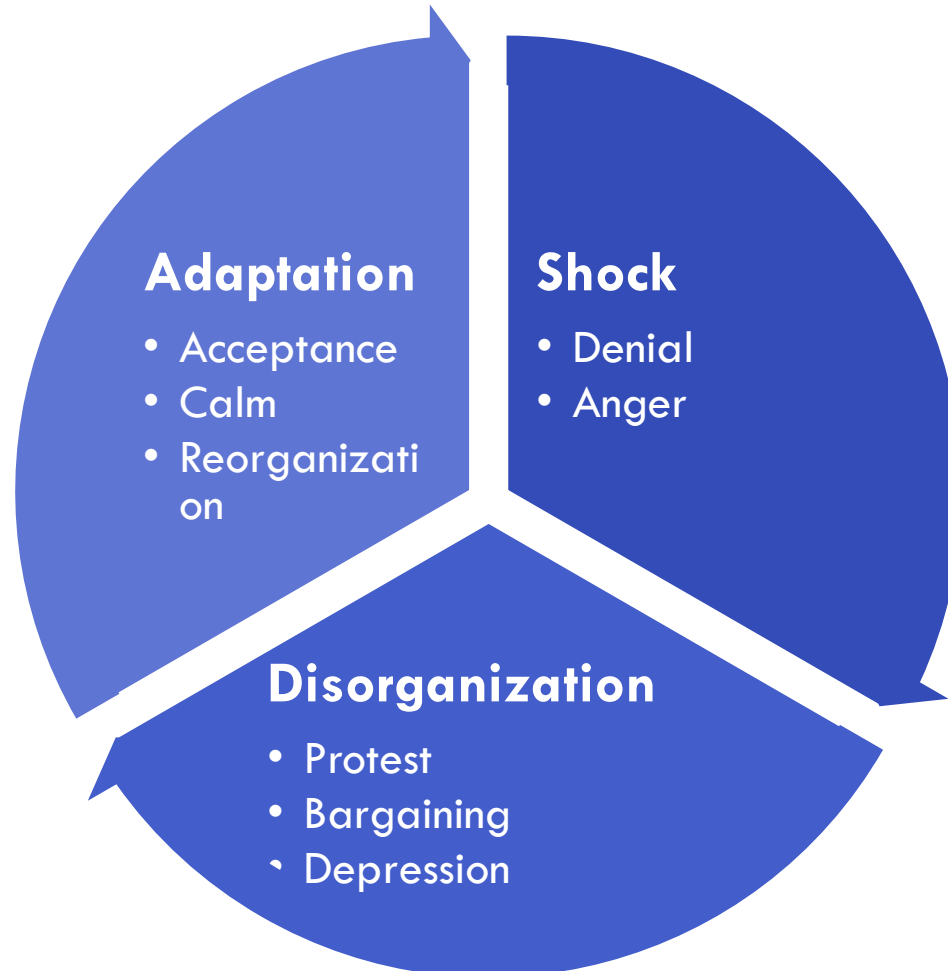
**TIREDNESS
NEUTRALITY
ACCEPTANCE
RECONCILIATION**



**HOPE
HARMONY
CALM
GRATITUDE**



STAGES OF GRIEF

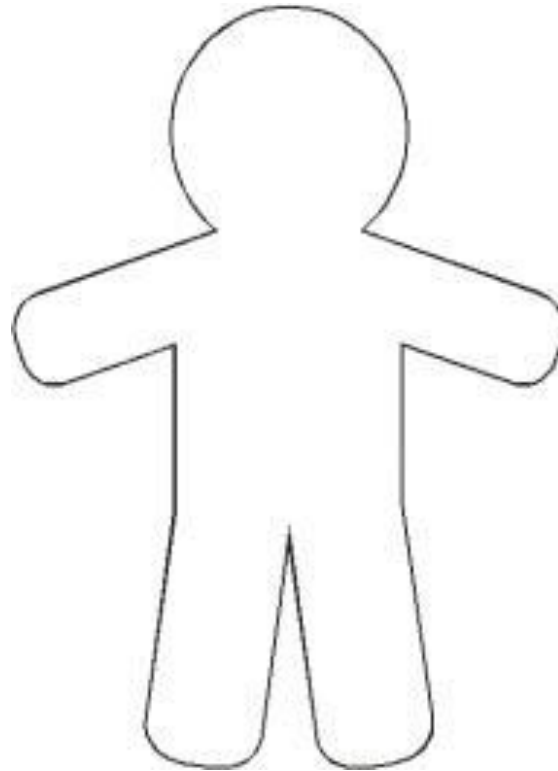


MEET YOUR EMOTIONS



MEET YOUR SADNESS, REGRET, FEAR, ANGER

Where and how do you feel them?

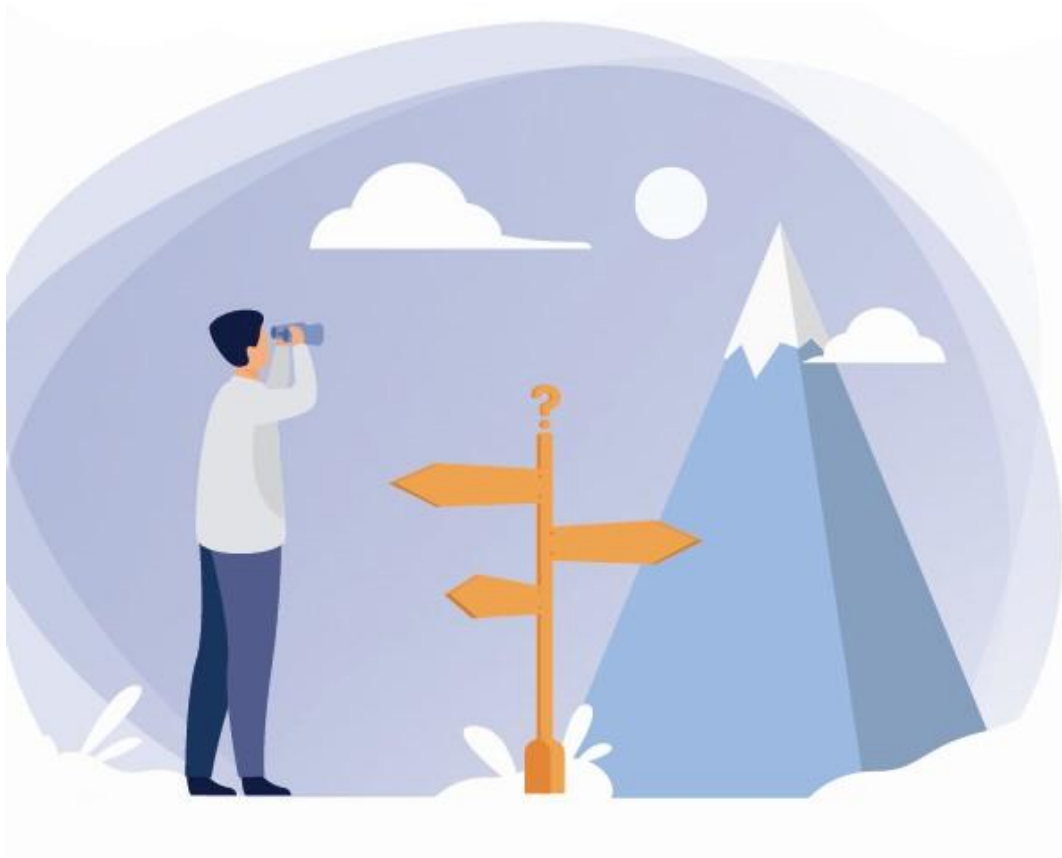


DISCOVER YOUR NEEDS



DEVELOPING A SELF-CARE PLAN

Create a list of people and activities that support you



DEVELOPING A SELF-CARE PLAN

Create a list

- ✓ What can you do yourself?
- ✓ What can you ask others to do?
- ✓ How can you get support from the world or from God?





THANKS FOR TODAY!

1. Find me on Facebook.
2. Tell someone about your conclusions and reflections from this meeting.
3. Take care of yourself!

