



PREVIEW

from
PAIN TO
Purpose

GRIEF SUPPORT E-NEWSLETTER

AFTERCARE BEGINS HERE

+DISCLAIMER: The contents of this newsletter are not intended as a substitute for professional medical advice or mental health counseling/therapy. The owners of Ponte Vedra Valley and staff instruct all readers to consult a physician or licensed mental health professional in respect to any symptoms that may require diagnosis or medical attention.



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YEAR 1: "THIS IS NORMAL...FOR NOW..."

DID YOU KNOW?

BY KANDICE J. ROBINSON, LFDE &
CERTIFIED AFTERCARE SPECIALIST

Grief hijacks the cerebral cortex. The cerebral cortex is the area of your brain which controls decision-making, reasoning, language & memory. Additionally, grief activates the limbic system -- the area of your brain which focuses on feelings or emotions associated with events. As a result, such feelings as the all encompassing sadness you will (at times) feel regarding the loss of your loved one; the annoyance you feel over having to handle the business of life that your loved one previously managed; and the loneliness you feel in a room full of people, who may not be able to relate to your loss, will be more pronounced. However, the details of events will escape you -- for example, the specific form the Xfinity rep. said you must submit, online. Hence, what is referred to as "grief brain" is real, and it can dull the accuracy of your memory.



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International Grief Institute:
RESILIENCE RX SELF CARE PLAN
FOR THE BEREAVED - Tips for
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from our Editor

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"Grief can dull
the accuracy of
your memory."

-KANDICE J. ROBINSON



DID YOU KNOW? (continued)

Similarly, when you finalized your loved ones' funeral arrangements with your funeral director, and he/she shared what is not allowed on the cemetery grounds, these details were likely never even ingested.

Your grief will likely permeate every corner of your life and will undoubtedly produce some unwelcome effects. To state it plainly, grieving is work -- hard work that will demand your complete attention and can even steal your ability to multi-task throughout much of year one. Like a three-year-old child, it will vie for your undivided attention even though you won't always be able to give it the full measure of time it demands and may well need.

Following, I have outlined some of these unwelcome emotions your grief is likely to evoke:

NORMAL COGNITIVE REACTIONS:



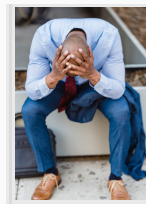
- Brain Fog & Forgetfulness
- Confusion
- Focus on loss event
- Sense of being in a time warp

NORMAL BEHAVIORAL REACTIONS:



- Crying Spells
- Resentment
- Lashing out
- Distrust

NORMAL EMOTIONAL REACTIONS:



- Anxiety
- Frustration
- Irritability
- Mood swings
- Temper outbursts

Although **these emotions are entirely normal**, they can be intense and make you feel like you are "on an emotional rollercoaster" or "going crazy." However, **please be assured that you are not crazy...**[\[SUBSCRIBE TODAY TO READ REMAINDER OF ARTICLE\]](#)

"...[G]rieving is work -- hard work that will demand your complete attention..."

-KANDICE J. ROBINSON





YEAR 1: "SURVIVAL TRAINING"

BY KANDICE J. ROBINSON, LFDE &
CERTIFIED AFTERCARE SPECIALIST

If I were to poll any number of individuals who have lost a loved one, and ask them to create a title to describe year one of their grief journey, I have no doubt the group consensus could be encapsulated with these words:

"The year my world stopped."

Although, mere days after the funeral, it becomes overwhelmingly clear the world itself does continue turning. It does indeed continue in its expectations of you -- its' sometimes, seemingly countless demands. Still, you fervently pray in silence for the entire world to come to a grinding halt...just long enough for you to regain your equilibrium. If you are reading this, and you're a member of the support community -- someone genuinely seeking understanding of the loss suffered by a loved one -- you may ask the question, "Why?" The answer is this, when someone loses their loved one, he/she feels incapable of moving forward.

As someone knee deep in the midst of grief work, you are poignantly aware of the turmoil in your life. You may even judge yourself as merely existing in a state of ongoing disruption. There is disruption to your usual daily activities (i.e., your daily schedule); disruption to your sleeping patterns; disruption of relationships (i.e., friendships and other social interactions); disruption to your sense of

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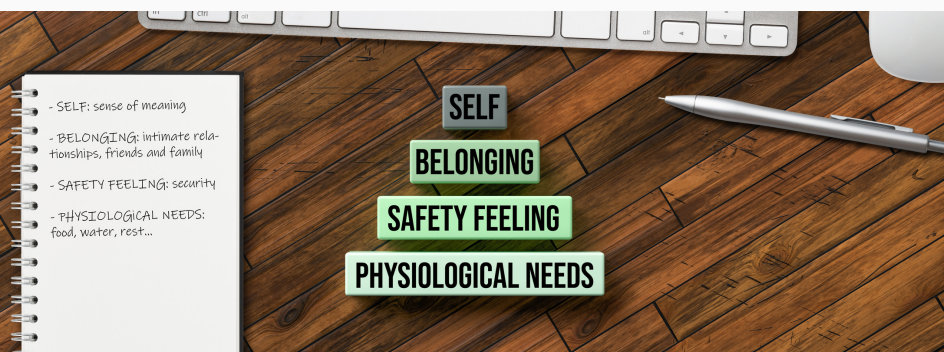




"SURVIVAL TRAINING" (continued)

belonging; disruption to your inner sense of peace and emotional health; disruption of your physical surroundings -- as your loss may trigger the necessity to relocate to a new place of residence; disruption to your physical health due to the increased stress which accompanies grief and thus lowers the strength of one's immune system; and even resulting disruption in your ability to work or discharge your professional obligations with the same degree of recall, focus, accuracy or attention to detail.

What is the solution for the intense pain of year one? Focus on survival. First, ensure your basic care needs are met. Yes, I am alluding to Maslow's hierarchy of needs, specifically the first three rungs only at this time -- the physiological needs, your safety needs and love & belonging. How is this effectively accomplished? By creating a self care plan (see [pg.8-9](#) - International Grief Institute: RESILIENCE RX SELF CARE PLAN FOR THE BEREAVED - Tips for Adjusting to Loss of a Loved One)...[\[SUBSCRIBE TODAY TO READ REMAINDER OF ARTICLE\]](#)



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-KANDICE J. ROBINSON

