

Grief and Healing for Peer Workers

Grief is a natural response to the loss of someone or something that is important to us. Each person deals with grief in his/ her own way depending on their background, beliefs, relationship to what was lost, and other factors.

Stages of Grief

Denial	This happens when the loss was unexpected or sudden and hard to believe or accept
Anger	Feel anger toward a person who might be responsible for the loss
Bargaining	Try to exert control to change the situation, even if it's generally out of our control
Depression	Feeling that life makes no sense, has no meaning, and is too overwhelming
Acceptance	Acknowledging the loss, understanding what it means, and finding ways to live with the loss

Tasks of Mourning



To accept the reality of the loss



To work through the pain of grief

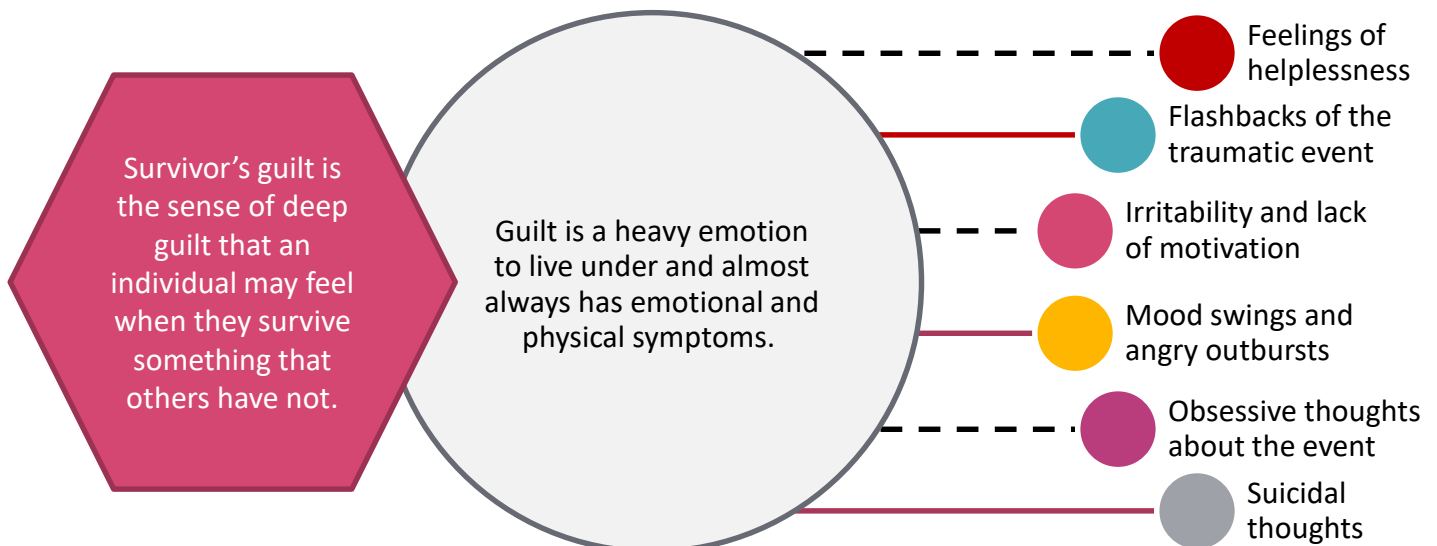


To adjust to life without the deceased



To maintain a connection to the deceased while moving on with life

Survivors' Guilt



Providing Support to Grieve

Creating a safe environment to grieve

- Listen in a supportive manner to the person's concerns.
- Validate their emotional reactions and indicate that their emotions are natural, normal and expected.
- Assist by organizing and prioritizing tasks.
- Assist individuals develop healthy coping mechanisms to gradually resume their pre-loss level of functioning.
- Allow individuals to grieve their losses in their own unique ways.
- Systematically draw upon an array of recovery resources through appropriate referrals

Peer Support through Grief

