

Grief and Loss: Tips for Coping, Self-Care, and Moving Forward

April 20, 2023

Meet the Speakers



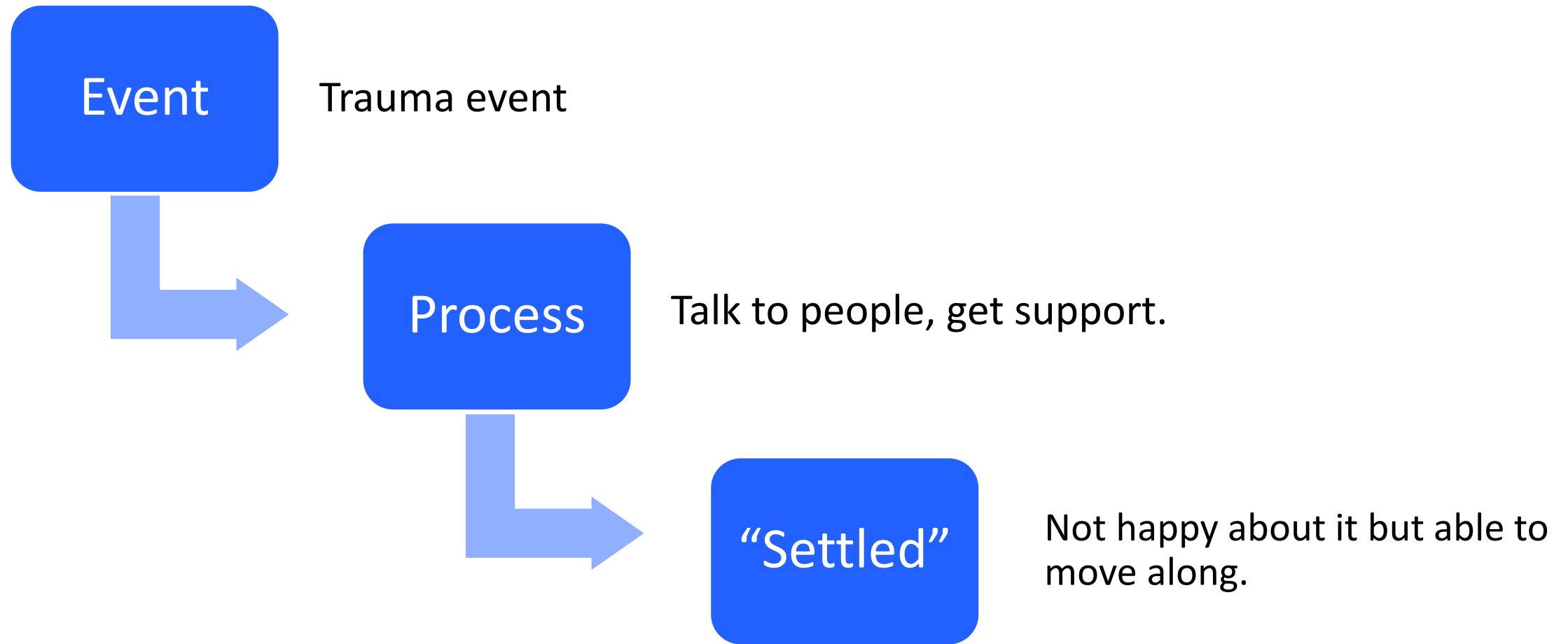
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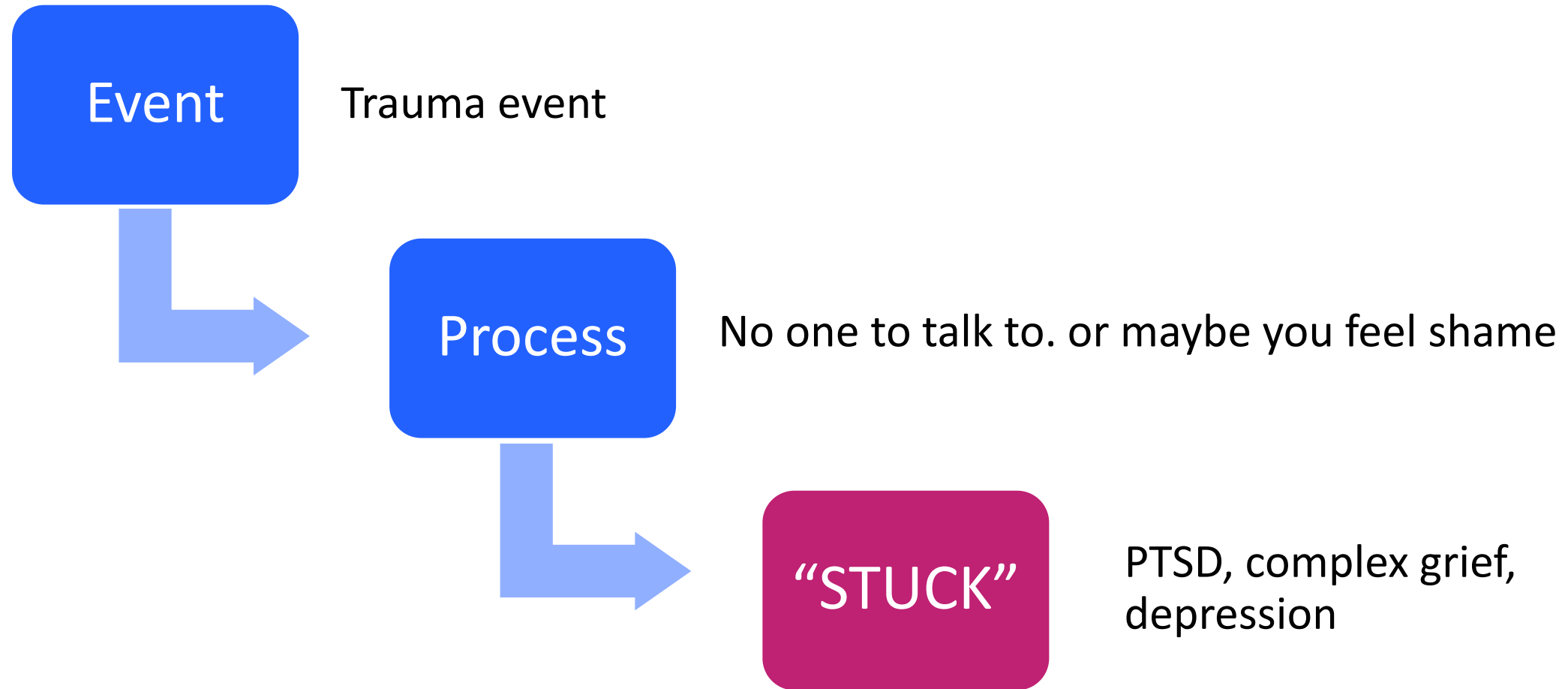
Tara Storch
Co-Founder, President
Taylor's Gift Foundation

Understanding Grief and Loss

Coping with Bad Things and the Importance of Processing Things...



Coping with Bad Things and the Importance of Processing Things...



What is “Normal” Grief?



Emotional



Physical



Behavioral



Spiritual

- Duration varies from person to person
- Grief reactions can be stronger around significant dates (e.g., death anniversaries, birthdays, and holidays)

It's Okay to Be Sad

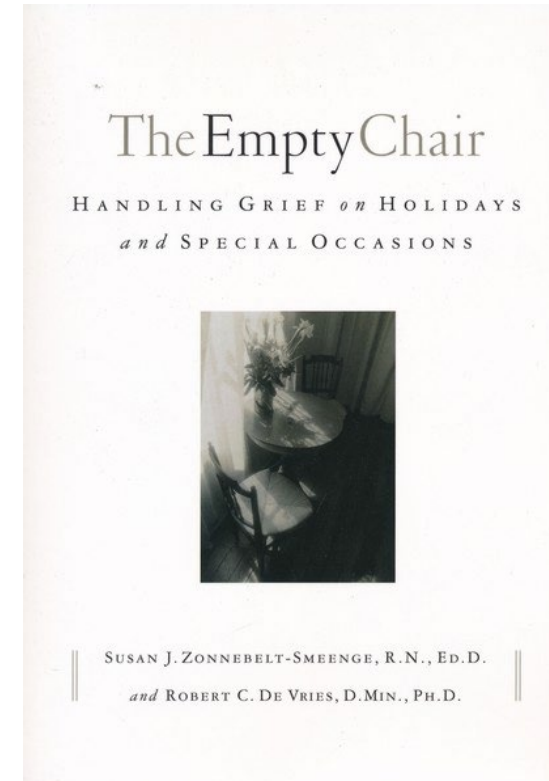
- Accept the reality of the loss
- Process the pain of grief
- Adjust to a world without your loved one
- **Remember your loved one while moving forward in life**



Losing Someone Hurts

- A spouse's death
- A child's death
- A parent's death
- A loss due to suicide or substance use

You never get over the loss of a child, and the holidays exacerbate that reality.



The Empty Chair: Handling Grief on Holidays and Special Occasions

Susan Zonnebelt-Smeenge and Robert De Vries

12 Things to Keep in Mind

1.

Recovery from a loved one's death requires more than time.

2.

Grief is universal, griever's are distinctive.

3.

Shock initiates us into mourning.

4.

Grief causes depression.

5.

Grief is hazardous to our health.

6.

Griever's need to know they're normal.

12 Things to Keep in Mind

7.

Grievors suffer
guilt feelings.

8.

Grief makes people
angry.

9.

Emotional
upheaval
characterizes
grievors.

10.

Grief sucks and
grievors have trouble
with concentration
at times.

11.

Healing brings
hope to grievors.

12.

Survivors reaffirm
themselves and
choose life: give
back.

A Personal Story of Grief and Loss

Tara Storch

Co-founder,
Taylor's Gift Foundation





Donor Mom

We all have significant moments or experiences in our lives that change everything from that point forward.







It's not what happens to you
that matters, it's how
you react to it that does.

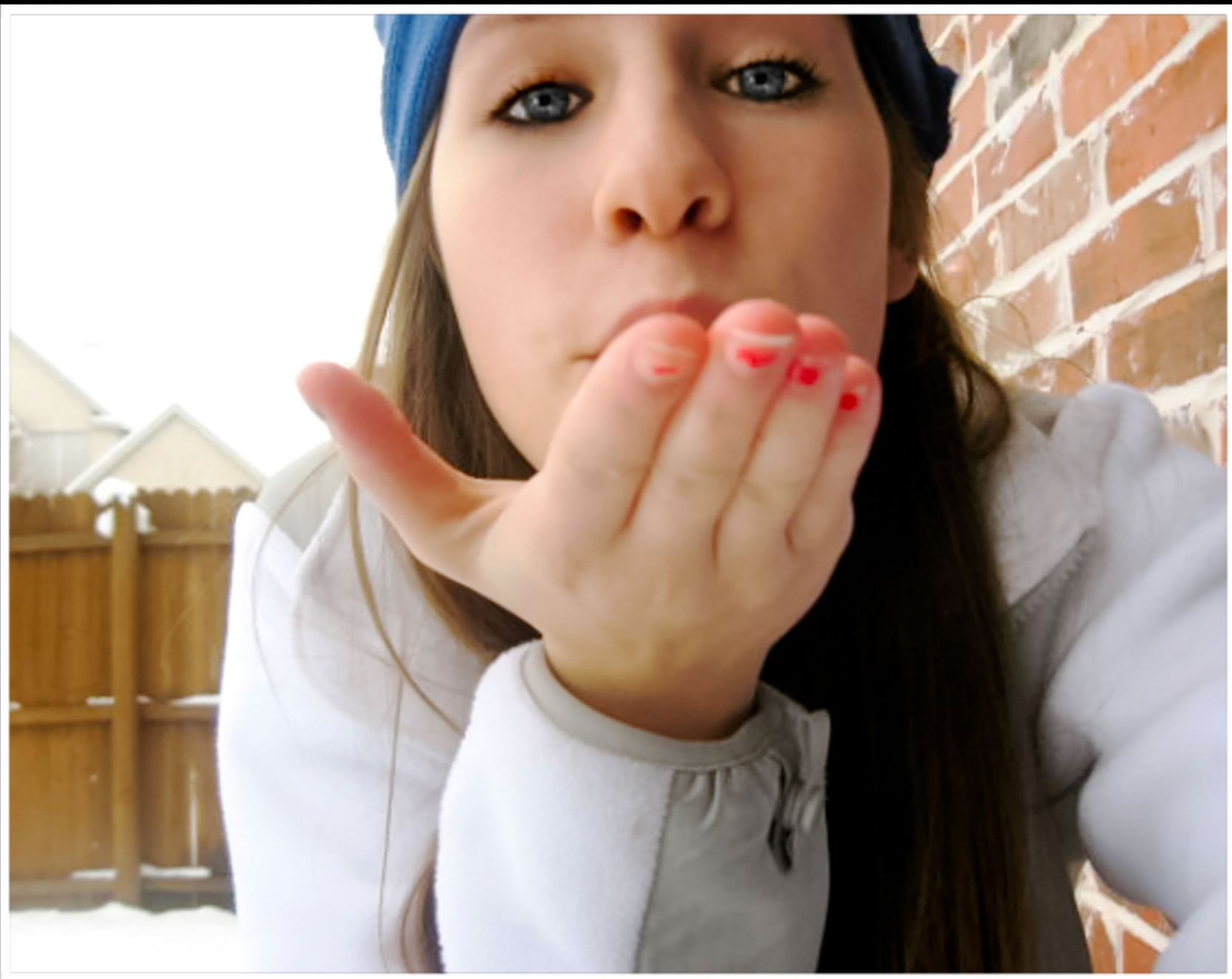


Grief and Gratefulness
share the same space



We provide donor families with
peer-to-peer support by those who have
experienced similar pain or trauma.

What is your why?



How to Live with Loss

When Dealing with Loss, Just Know...

- It won't feel like this forever...
- You can handle it, even when you feel like you can't...
- Be gentle with yourself...
- Think in cycles, not lines...
- Your feelings are normal...
- Grief can beget meaning...
- You're not alone...



Take Care of Yourself

- Take time to take care of yourself
- The Free Three:



- Get support
 - Peer-to-peer support
 - Professional support
 - Support groups (community and religious)

How to Support Someone Who's Grieving



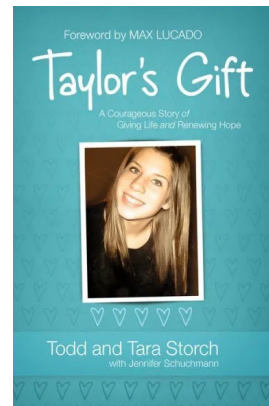
What Moving Forward Can Look Like

“If it ain’t broke don’t fix it.”

Finding purpose

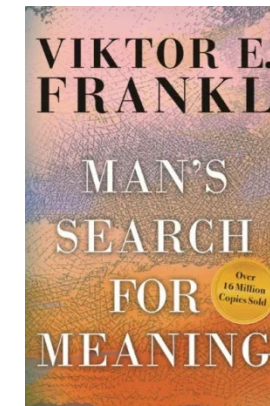
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Making meaning



Taylor's Gift: A Courageous Story of Giving Life and Renewing Hope

Todd Storch, Tara Storch, and Jennifer Schuchmann



Man's Search for Meaning

Viktor E. Frankl

Thank You for Your Time!



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