

Let's Talk: What Grief Can Look Like

Active

Walking a familiar or new path
Dancing to your favorite song
Look up Yoga Videos

Creative

Journaling
Drawing
Coloring or Painting

Coping Skills

Distractions

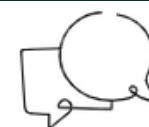
Watching show or movie
Downloading game app to play
Listening to music

Cognitive

Make list of personal strengths
Create list of Pros and Cons
Lower expectations of situations

Social

Calling a friend to chat
Setting up meeting with a friend
Volunteering or joining new club



Let's Talk!
COUNSELING



Let's Talk: Validation Statements

- I don't need permission to feel what I feel.
- I can feel more than one emotion at the same time.
- My emotions are information, not a problem.
- I'm allowed to say no without explaining myself.
- I'm allowed to change my mind.
- I'm allowed to move at my own pace.
- My experience is valid even if others don't understand it.
- I don't need to be perfect to be worthy.
- I can acknowledge my pain without letting it define me.
- I can take this one step at a time.
- I deserve compassion, even when I struggle.

Active Listening

Pay Attention

- Put aside distractions
- Don't mentally prepare response
- Pay attention to speaker's non-verbal language
- Make eye contact with speaker

Show You Are Listening

- Nod Occasionally
- Smile or use other facial expressions
- Have open posture- no folded arms
- Validate Speaker
- Use small verbal sounds such as "ahhh"

Provide Feedback

- Reflect by paraphrasing
- Ask questions to clarify
- Summarize periodically

WHY ACTIVE LISTENING?

- BUILDS TRUST
- IMPROVES CONNECTION
- HELPS SPEAKER FEEL VALUED
- INCREASE EMOTIONAL SAFETY

Fight

- Confront the threat head-on
- Adrenaline dump
- Angry and irritable
- Need to control

Flight

- Faster heart rate
- Escape or avoid
- Tunnel vision
- Restless

Trauma Responses

Freeze

- Feeling numb or stuck
- Unable to respond or act
- Mental fog

Fawn

- Extreme people pleasing
- Neglecting personal boundaries
- Avoiding conflict