Unit 4 Reflection

Chad Reynolds

**Question #1: What is the most significant thing I learned this week?**

This most important thing I learned this week was about loss and how we can help others through it as well as how we can address loss in our own lives as well.

**Question #2: How does this week’s learning touch on my past, or how will I use (or have I used) this knowledge in my ministry or life?**

This weeks learning about grief and loss will help me in my journey to being able to really assist those that come to me seeking help or guidance. Being able to know the 5 stages of grief will allow me to better assess where that person is in their journey through their grief. Another big thing that I learned this week is how to spot the symptoms of depression. This is something I can definitely use to help others and if need be help them find the tools they need to express what is causing their depression.

**Question #3: What questions do I still have about this week's learning? (These can be course or curiosity-related.)**

I have heard by many people that a lot of times people who commit suicide show no outward signs of distress or depression. When I think of this I always thing of people like Chris Farley and Robin Williams. Both of them always showed the outward appearance of being happy and making others laugh. I guess my question would be is there a way that even if they show no outward sign of depression or willingness to commit suicide we are able to tell there is something wrong?