

Grief

↳ Bereavement (

1 person dies \Rightarrow 9 ppl bereaved

Cultural differences (study China vs US (small sample size))

@ 4 months same

@ 18 months Ch better

\rightarrow adjust for culture

- difficulties concentrating
- pre-occupied by loss
- Sleep issues
- emotional disturbances
- mild hallucinations (normal!) (Hallucinations are a SYMPTOM)
- lonely

② Grief (\Rightarrow nat. response to bereavement)
also breakups, job loss etc)

- 4-6mo up to a year
- inhibited exploration (reduced interest in life)
 - unfamiliar incompetence in daily life
(\hookrightarrow shame / guilt)
 - confusion about long term goals

\rightarrow unhealthy grieving [prolonged grief \rightarrow sustained grief
impairment of function]
grieving is a risk factor (f.e. 20% sustained MDD)
(22 \pm 27% - Anxiety)
(PTSD risk 2x) \rightarrow clinical dx!

③ Mourning

\hookrightarrow adapting & integrating grief

① accepting the death (sinks in)

② accepting consequences of loss (stuff that comes w/ absence)

- \hookrightarrow save heaven
- \rightarrow learn new things, take chances \rightarrow support / security
- \rightarrow constancy in life (stability, rhythm)
- \rightarrow sense of identity (inter)

③ identity becomes uncertain

④ \triangle our relationship to the object of loss

⑤ restore capacity to thrive

6 look towards future w optimism

what happens?

sense of the world is built around constancy

constancy relies on other ppl

⇒ makes planning possible

- plans of the future

→ losing a loved one leads to uncertainty

⇒ anxiety

religion turns this into constancy & helps w loss

* moment to moment emotional experiences

* milestones change

* confusion about identity (new identity formation)

* even immune & hormonal changes (vaccines vary)

* engage in new experiences

mourning the possibilities

let them lose their optimism & help them find it again

what did that person provide

stuck in mourning - n