



# Sparking Growth

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# Agenda



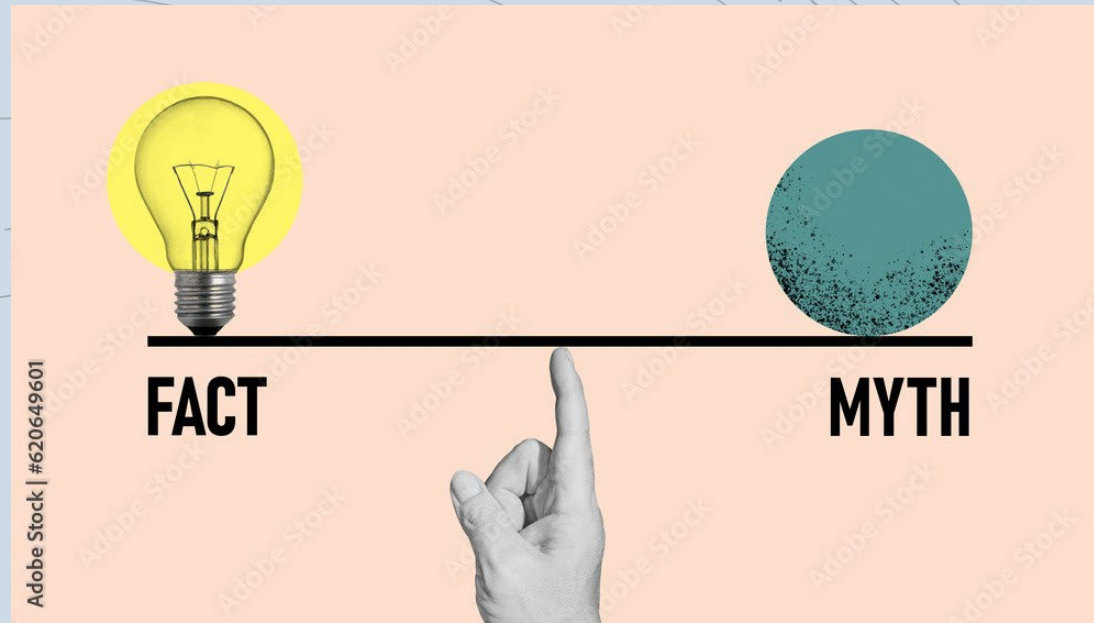
**Fact & Myths: Psychoeducation about Grief**



**Stress**



**Coping Skills**



## Fact & Myths: Psychoeducation about Grief

# Fact or Myth #1

- **Poll: Grief is about the loss of someone we care about.**

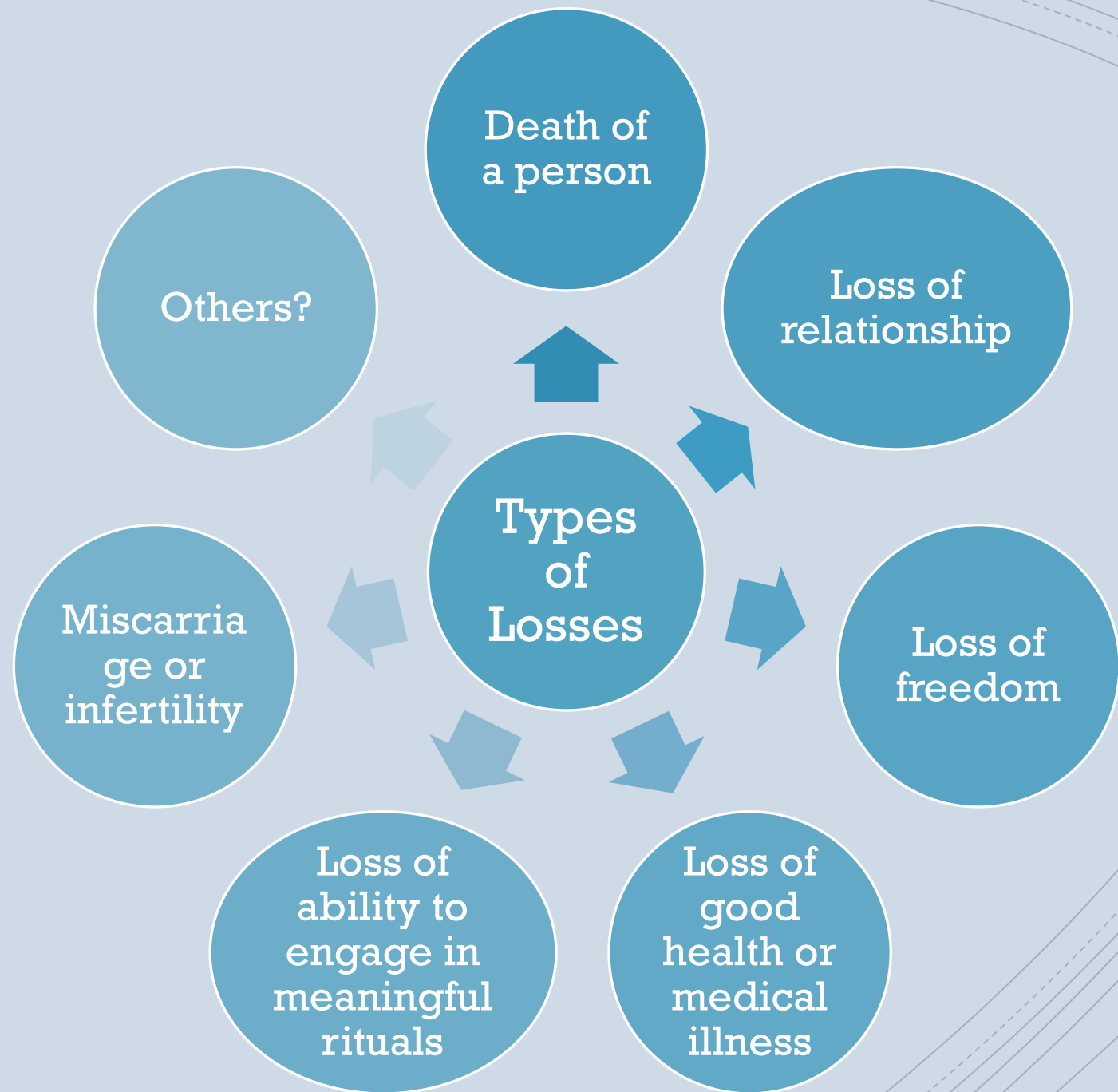
# What is Grief?

The psychological, cognitive and physiological process we go through after experiencing a loss.

Not exclusive to death but any form of loss.

It is a natural process and reaction to the loss of someone or something we are attached to.

What experiences trigger the grieving process?



## Fact or Myth #2

- **Poll: Grief is a set of predictable stages.**

# THE FIVE STAGES OF THE GRIEVING PROCESS

## KÜBLER-ROSS GRIEF CYCLE

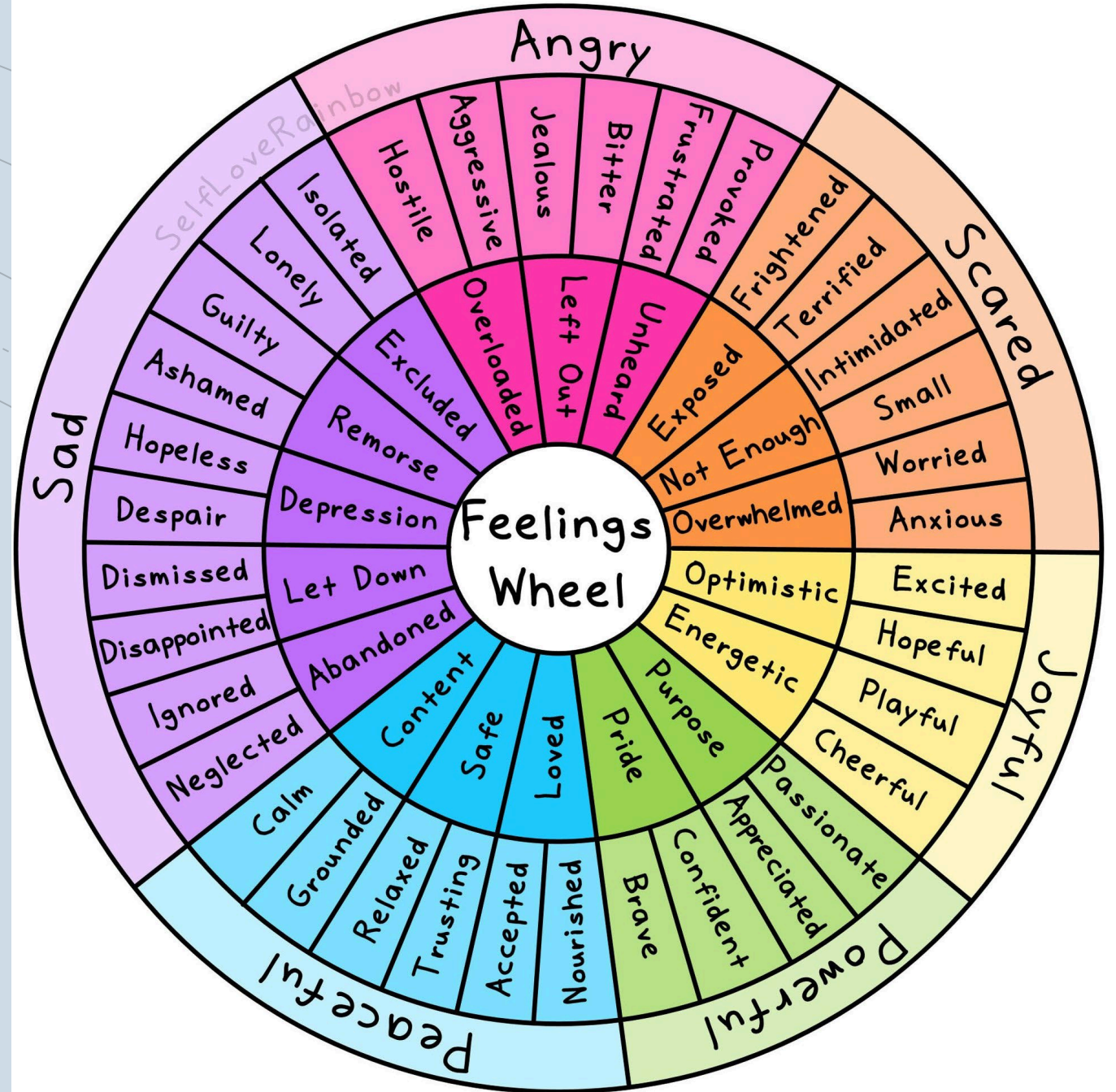


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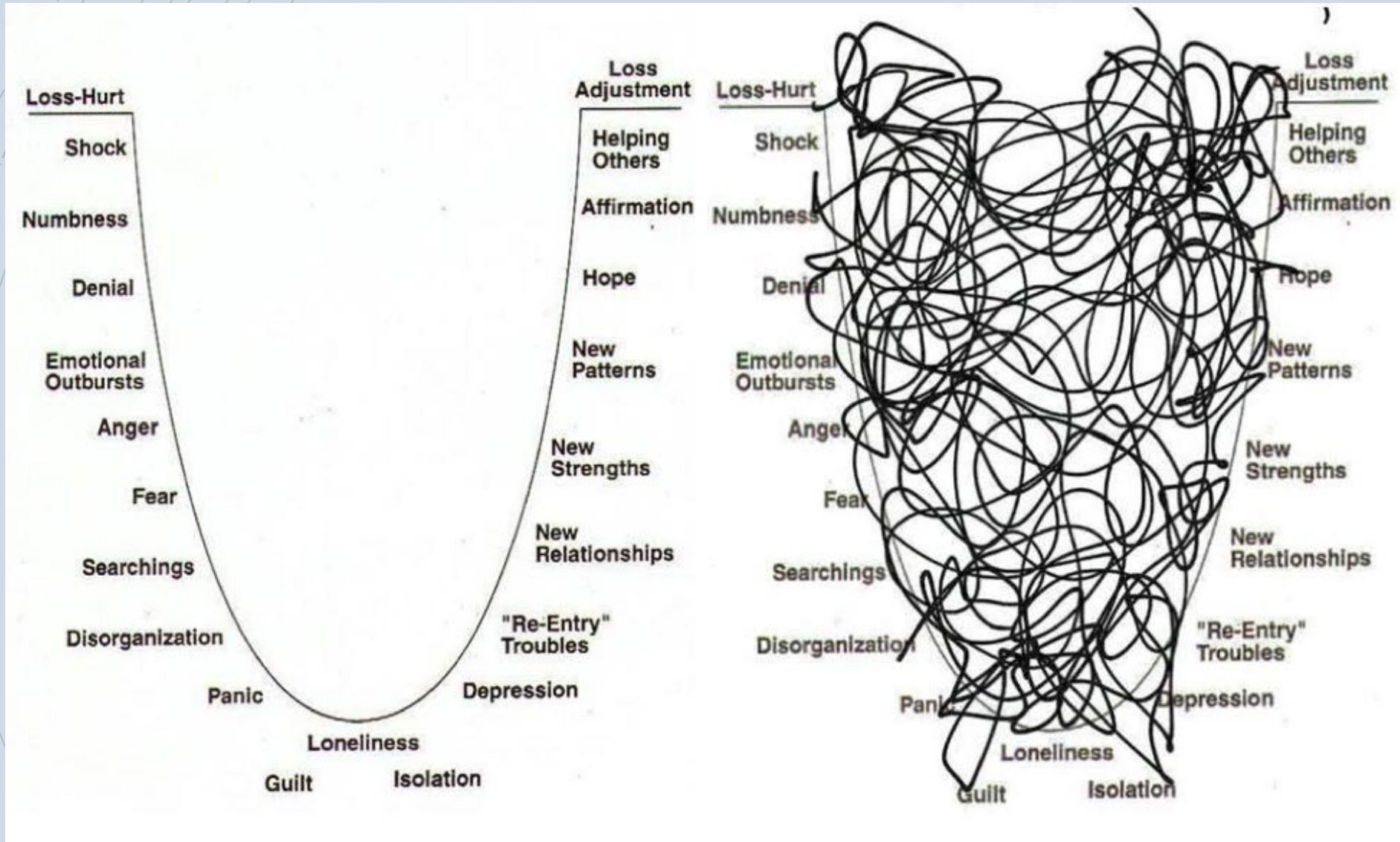
# Grief Stages



Emotions are  
Complicated



# Grief is not a linear Process





## Breakout Room Discussion:

Think about a time you have experience any type of loss. Talk about how does experiences resonate or not with what we just learned about.

## Fact or Myth #3

- **Poll: You will eventually get over the grief.**

# 'GROWING AROUND GRIEF'

(LOIS TONKIN, 1996)

WHATSYOURGRIEF.COM

PEOPLE  
THINK THAT  
GRIEF

SLOWLY  
GETS  
SMALLER

WITH

TIME

IN  
REALITY,  
GRIEF  
STAYS

THE  
SAME  
SIZE

BUT  
SLOWLY  
LIFE  
BEGINS

TO GROW  
BIGGER  
AROUND  
IT

# Tonkin's Model of Grief

Growing around grief

Your life



Time



Source: Cruise Bereavement Care

Growing Around Grief

## Fact or Myth #4

- **Poll: Grief serves a purpose.**

# Tasks of Mourning

## Worden's Four Tasks of Mourning

To accept the reality of the loss.

TASK  
#1



TASK  
#2

To process the pain of the grief.

To adjust to a world without the deceased.

TASK  
#3



habits for wellbeing™

TASK  
#4

To find an enduring connection with the deceased while embarking on a new life.

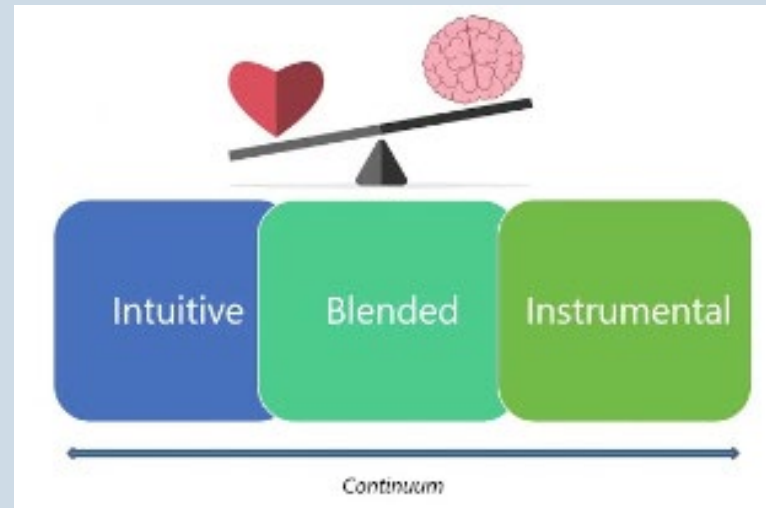
Reference:  
Worden, W. (2009). Grief Counselling and Grief Therapy - A Handbook for the Mental Health Practitioner. New York, USA: Springer Publishing Company.



## Fact or Myth #5

- **Poll:** There is no set time limit for the duration or style of grief

# Style of Grief



## Intuitive Grief

- Experienced as waves of emotion
- Expression mirrors inner feelings and emotions
- More feeling than thinking
- Focused on exploring and expressing feelings and processing emotions

## Instrumental Grief

- Experienced in more physical or cognitive ways
- Expression is more physical, cognitive or behavioural
- More thinking than feeling
- Focused on doing and more actively responding to grief

# Grief & Stress



Grief does not occur in isolation



Stress is how your mind and body cope with your environment.



**S = P > R**



Stress occurs when the pressure (stressors) is greater than the resource

# External Stressors

## Physical environment

- Temperature, confined spaces, bright lights, etc.

## Major life events

- Death, promotion, marriage, etc.

## Daily hassles

- Misplaced keys, stress at home, stress at work, spilled coffee, etc.

## Institutional

- Rules, deadlines, regulations, etc.

## Social interactions

- Micro-aggressions, bullying, rudeness, etc.

# Internal Stressors

## Personality

- **Traits: Perfectionism**
- **Resiliency, sensitivity, etc.**
- **How do you perceive the world around you?**

## Negative Self-Talk

- **Pessimistic thinking, self-criticism, over-analyzing, etc.**

## Lifestyle Choices

- **Staying up late, caffeine, alcohol, etc.**

## Mind Traps: unhelpful thinking styles

# How does stress affect us?



**PHYSICALLY**



**BEHAVIORALLY**



**MENTALLY**



**EMOTIONALLY**

## Physical

- Headaches
- Rapid heartbeat
- Body pain
- Loss of sex drive
- Changes in sleep pattern
- Medical symptoms
  - Certain conditions are worsened by stress such as eczema

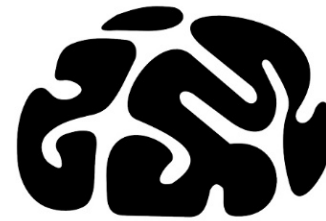
## Mental

- Inability to concentrate
- Memory lapses
- Panic attacks



Healthy Body

+



Healthy Mind

=



Happy Human

## Behavioral

- Appetite changes
- Increased substance use
- Nail biting
- Fidgeting
- Restlessness
- Distractions
  - Mindless entertainment
  - Addictive behaviors
- Using one response regardless of the situation
  - e.g., always joking to cover insecurities

## Emotional

- Depression
- Fits of rage
- Tearfulness
- Impatience
- Anxiety
- Shutting down



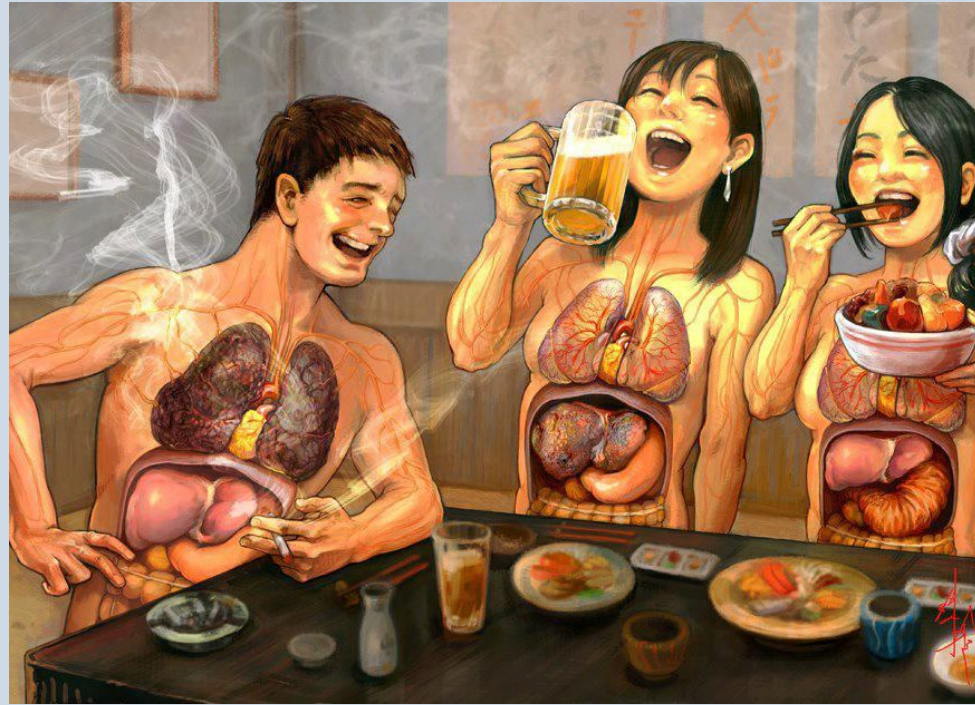




Breakout Room Discussion:

What are your physical, emotional, mental, behavioral signs of stress?

# Unhealthy Coping Strategies



- **Appetite changes (too much or too little)**
- **Eating disorders**
- **Use of alcohol, marijuana, and other drugs**
- **Stress-related illnesses**
- **Lack of sleep**

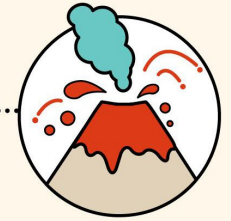
# Window of Tolerance

The optimal zone of arousal for a person to function in everyday life

## Window Of Tolerance

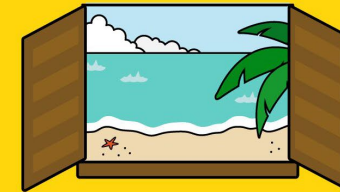
### HYPERAROUSAL

Anxious, Angry, Out of Control, Overwhelmed  
Your body wants to fight or run away. It's not something you choose – these reactions just take over.



### WINDOW OF TOLERANCE

When you are in your Window of Tolerance, you feel like you can deal with whatever's happening in your life. You might feel stress or pressure, but it doesn't bother you too much. This is the ideal place to be.



When stress and trauma shrink your window of tolerance, it doesn't take much to throw you off balance.



Working with a practitioner can help expand your window of tolerance so that you are more able to cope with challenges.



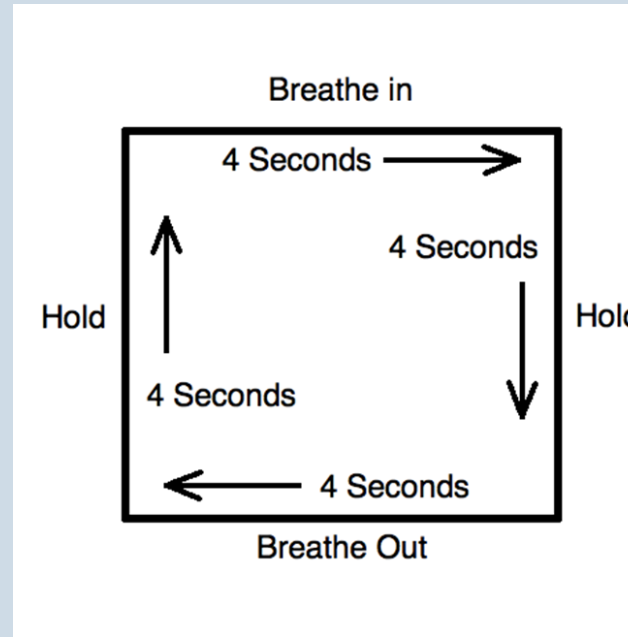
### HYPOAROUSAL

Spacy, Zoned Out, Numb, Frozen  
Your body wants to shut down. It's not something you choose – these reactions just take over.



# Focus on Your Breath

When all else fails breathe out for longer than you breath in.



## Square Breathing

- Step 1:** Breathe in for 4 seconds. Count slowly!
- Step 2:** Hold the breath in for 4 seconds.
- Step 3:** Exhale for 4 seconds.
- Step 4:** Hold the breath out for 4 seconds
- Step 5:** Repeat steps 1-4 three more times for a total of 4 breaths.

Lasts 1-1.5 minutes!

# Grounding Techniques

5 Senses

Spelling things backwards

5

Things You Can See



4

Things You Can Feel



3

Things You Can Hear



2

Things You Can Smell



1

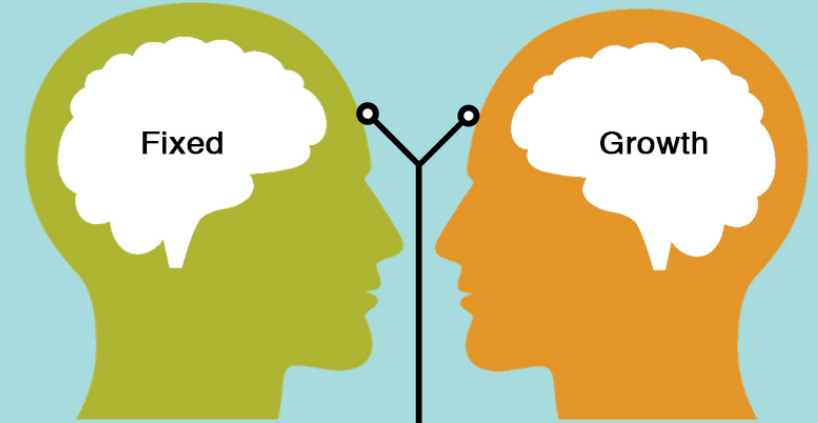
Thing You Can Taste



# Calm Place



# Growth Mindset vs Fixed Mindset



## People with fixed mindsets believe that:

- Skills, intelligence and talents are natural.
- Failure is shameful and should be avoided.
- Some people are naturally good at things while others are not.
- You are not in control of your abilities.

## People with growth mindsets believe that:

- You have the capacity to learn and grow your skills.
- Failure is a valuable lesson.
- People who are good at something are good because they built that ability.
- You are in control of your abilities.

### Beliefs

**Not Necessary or Useful**  
See effort as a negative thing and something you do when you're not that good

### Effort

**Important Part of the Process**  
Focused on the process of getting better

**Avoid**  
Back down and avoid challenges

### Challenges

**Embrace**  
More likely to embrace challenges and persevere

**Avoid**  
Get discouraged when making mistakes and avoid them

### Mistakes

**Improve**  
See mistakes as learning opportunities and ways to improve

**Defensive**  
Get defensive, take it personally. Ignores useful criticism/feedback

### Feedback

**Constructive**  
Appreciate feedback and use it. Learns from criticism

"Failure is an opportunity to grow"

## GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

## FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"      "I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



## Zoo Tiger vs Jungle Tiger



# Cultivating Balance

- Take an inventory of your life
- Prioritizing our needs
- Setting healthy and realistic goals and boundaries
- Exploring what makes us happy and what drains our energy
- Intentionality
- Mantras and affirmations



*You can't  
pour from  
an empty cup*



Breakout Room Discussion:

What is something that you want to continue or start to improve your wellbeing?



# Questions and Thoughts

Survey



**Scheduling a  
Consultation:**

**(608)266-6561**

**[eap@cityofmadison.com](mailto:eap@cityofmadison.com)**



**For free 24/7  
consultations:**

**Call (800)236-7905**

**Getting Connected**