



# COPING WITH GRIEF



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*Grief is a Process and No two people experience grief in the same way. Our grief is as unique as our own fingerprint. Grief is not something you get over with time, it's something we must go through. There is no timeline for adjusting and The only care for grief is to grieve. So How do we start a healthy grief journey?*

## TYPES OF LOSS

### A Primary Loss

- person who died

### A Secondary Loss

- Loss of ...
  - self-identity
  - a job
  - a residence
  - a friendship
  - a relationship
  - direction
  - trust, time,
  - health, war,
  - etc ...

## TYPES OF GRIEF

Anticipatory grief: Grief before a death

Acute grief: When it just happened

Early grief: The first two years

Mature grief: The rest of their lives

## STAGES OF GRIEF

denial

anger

bargaining

depression

acceptance

finding meaning

## HELPING OTHERS

- Check in regularly - even after 1 - 5 years
- Be available to listen; just be there to let them express their feelings
  - do not offer unsolicited advice
  - do not offer comments about the loss
  - Be aware grief has many symptoms: headache, loss of appetite, fatigue, chest pain, irritability, anxiety, anger, bitterness, despair, loneliness, numbness, detachment
- Encourage professional support

## PRACTICING SELF-CARE

- Seek professional help if needed
- The only care for grief is to grieve
- Practice Self-Care / mindfulness:
  - Body, Mind, Spirit, Relational (self & others)
  - Seek healthy ways to cope
    - Connect with others
    - Breath, Meditations
    - Get moving (physical)
    - Get creative, read new books, take a class, learn a new skill, etc
    - Be patient & compassionate with yourself

# Making a Grief Book

by Artist & Certified Grief Educator, Diana Calderon



*Grief & Art, 2023*

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## Step 1 : WHAT do I make? ×

Grief Sketchbook  
Sculptural Art  
Grief Journal (write)  
Write a Letter  
Collage or Memories  
Self-Care Plan  
A combination of any  
Other

## Step 2 : HOW do I make it? ×

- choose a bookform
  - accordion or basic pamphlet bookbinding
- gather materials
  - decorative paper
  - cardstock & paper 8.5 x 11 inches
  - glue, scissors, tape, ruler, pencils, markers, paint, watercolor
  - anything else I like to use or would like to try
- decorating covers (optional relief printmaking)
  - akua ink, roller/brayer, print foam

## Step 3 : Enjoy the Process ×

I will give myself permission to experiment with art.

I make the rules!

- Grief Art is freestyle
- Or a guided activity

### about Grief & Art sessions

Grief & Art workshops are created and dedicated to finding authentic ways to help us express grief through art. A Grief & Art session is a healing process with the goal of honoring our losses in a creative way and bringing comfort in our pain or sorrow. Each session is intended to provide a safe space to learn a new skill and or practice creative coping skills. In group settings, through a guided art activity, participants are encouraged to share or not share in dialogue.