

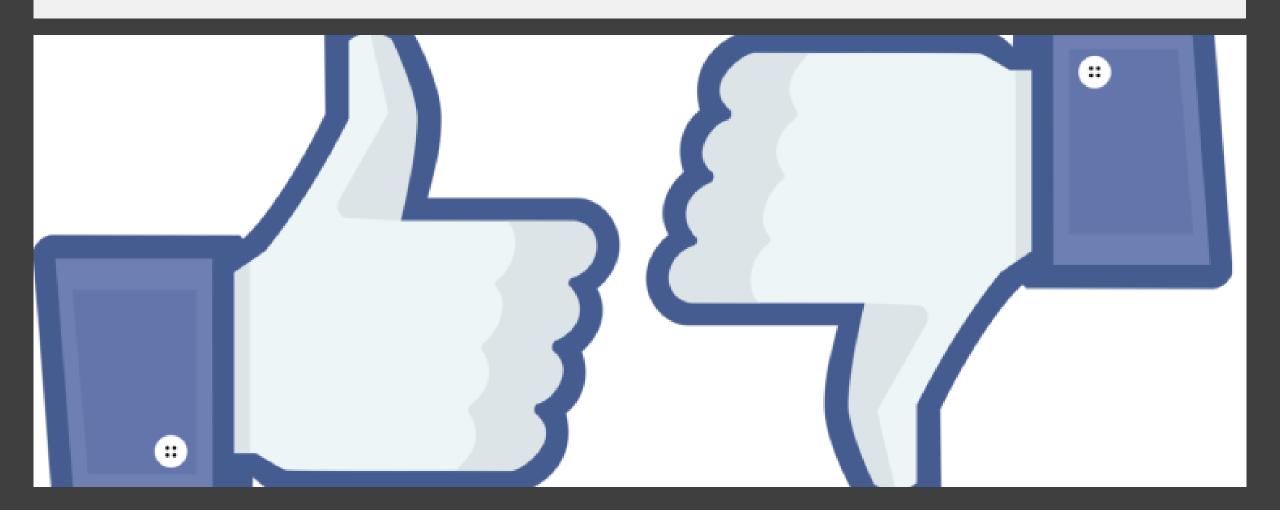
Differences in Grief Related to Nature of Death

- Illness
- Suicide
- Murder
- Accident

Agree/Disagree

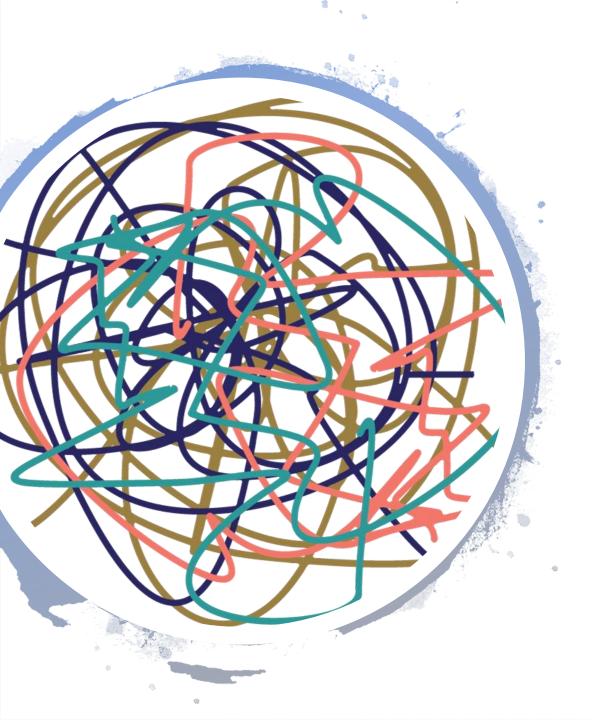
Please listen to each statement and respond accordingly:

- Agree= Thumbs Up
- **Disagree=** Thumbs Down





- 1. What do you believe happens after death?
- 2. How do you commemorate a death?
- 3. What do you consider appropriate emotional expression following a death?
- 4. What rituals or traditions are important to you as part of the grieving process?
- 5. How have cultural expectations impacted your grief?



"Understanding the complex entanglement between culture and grieving is a first step toward theorizing about grief in a culturally attuned way and in providing support to culturally diverse grieving people." (Rosenblatt, 2008)

Aspects of the Grief Experience: Cultural Implications

- Emotional Expression
- Social Support
- Meaning Making
- Continuing Bonds
- Grief Pathology



Strategies for Supporting Grieving Students

- Information
- Listening
- Acknowledgement
- Acceptance
- Consistency & Routine
- Flexibility
- Safety



SELF-CARE WHEEL Psychological Self-swaredess Sensor Coppedition Regular frederid care Be Healthy Tree of Se served Cost of The time of Paint County Found of Supplement of Suppleme Massage Acceptantine Add for House took Set boundaries - Do not work overtime Leave work at work Do not work during your time off Get regular supervision - Get support of colleagues - Take mental health days - Learn to say NO Plan your next career move - Take a dass Take all vacation and sick days Affirmations Self-love - Self-compas y - Social justice engageme Laugh - Say "I Love You" Watch a funny movie Find a hobby - Flirt Buy yourself a present Cuddle with your pet Tell yourself: Professiona Emotional You are gorgeous!" Practice Forgiveness SELF-CARE Set boundaries - Do WHEEL Learn who you are Self-reflection Short and I life. Plant Make a Vision Board Vision Board T ALANC Go into nature Commenter Self-cherich Medicale Sing. Drace Cot collect with a friend Take Pope Play with duldren Rate In the ocean . Watch surgers Mile a poen or a for seem high pour family Cook Spend time Prog. Find Spiritual tuesday Wednest for a case Forter and fortherms Personal