

Active and Creative Ways to Grieve with Intention

Bre Clark, MSW, Death Doula
Eclipse Into Harmony



Grief is the natural and normal reaction to loss, characterized by a wide range of emotional, cognitive, behavioral, physical, and spiritual responses. It is a process that varies greatly from person to person and can be influenced by the nature of the loss, individual personality, cultural background, and support systems.



EXAMPLES OF LOSS

- Loss or change in identity
- A change in or loss of a close relationship
- Divorce or Breakup
- Empty Nesting
- Loss of / change in capabilities
- Loss of Health, Diagnosis
- Change to perceived safety and normalcy of life
- Loss of a Dream or Goal
- Financial Loss
- Loss of Independence
- Moving or Relocating
- Cultural or Community Loss



COMMON GRIEF REACTIONS

Emotional

Sadness, Sorrow, Anger
Frustration, Guilt & Regret,
Anxiety & Fear

Behavioral

Withdrawal & Isolation,
Restlessness & Hyperactivity,
Changes in Routine

Spiritual

Search for Meaning,
Changes in Belief

Cognitive

Confusion & Disorientation,
Preoccupation, Disbelief &
Shock

Physical

Fatigue & Exhaustion, Somatic
Symptoms, Changes in Sleep &
Appetite



GRIEF VOCABULARY

- Anticipatory Grief
- Disenfranchised Grief
- Compounded Grief
- Delayed Grief
- Ambiguous Loss
- Secondary Loss
- Chronic Grief
- Collective Grief
- Inhibited Grief
- Existential Grief



ACTIVE & CREATIVE APPROACHES

- Journaling / Writing
- Drawing / Sketching
- Scrapbooking
- Planting/Gardening
- Drinking Tea/Coffee
- Proximity to artistry/creativity
- Cooking / Baking
- Creating
- Walking
- Listening to or singing music



Thank you!



www.eclipseintoaharmony.com

(615) 852-5530

bre@eclipseintoaharmony.com