

See the Good in Grief

Issue #003 • 07/10/2020

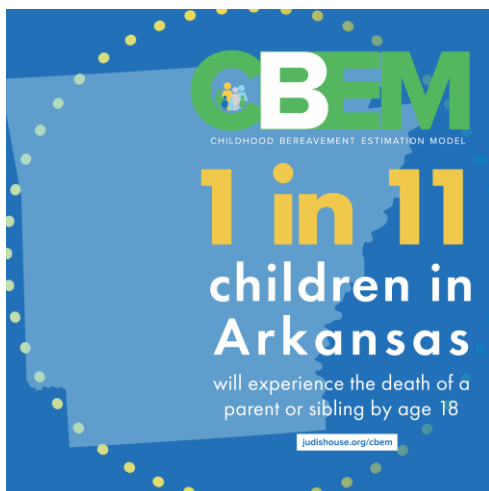
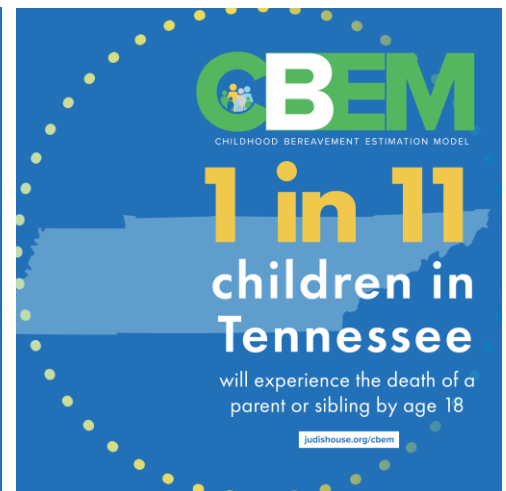
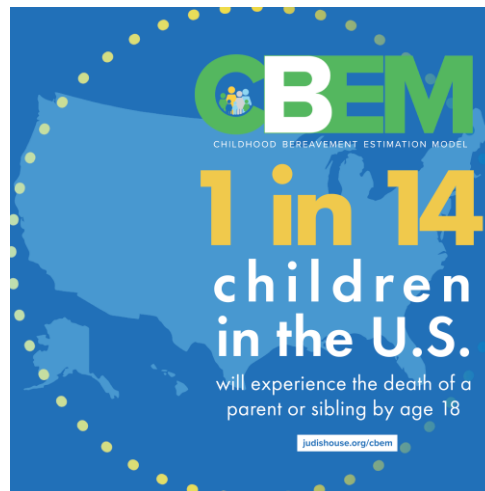


Good Grief!

Hello.

Children are often referred to as the “forgotten mourners”. Here at the Baptist Centers for Good Grief, we believe it is important to support grieving children and their families. We know that it is critical to help children cope with their grief now, so that they are able to continue coping into the future. Below, you will find the latest statics regarding childhood bereavement from the JAG Institute. Tennessee and Arkansas report that 1 in 11 children will experience the death of a parent or sibling before the age of 18. Mississippi reports 1 in 10 children, while Missouri reports 1 in 12 children. In the United States, 1 in 14 children will experience the death of a parent or sibling before age 18. This data reinforces the importance of the mission of the Baptist Centers for Good Grief and the valuable resource our services are to the community. The death of a parent or sibling changes many aspects of a child’s life forever, and the Baptist Centers for Good Grief are here to help.

Sincerely,
Angela Hamblen Kelly, LCSW
Executive Director



Depression or Grief?

When you go through loss of any kind, it is normal to experience sadness and a certain level of depression. Distinguishing grief from clinical depression can be a challenge. Depression, to a certain extent, serves a role in healing your grief by allowing you to acknowledge the depths of your loss. Normal grief is manifested through feelings of intense sadness and emptiness, whereas clinical depression is usually an overall feeling of hopelessness and emptiness that cannot be attributed to a specific event. Grieving people often experience their emotions in waves, and they can still enjoy moments of laughter, happiness or peace. People who are clinically depressed typically have an overall



sense of doom in all aspects of life. A healthy griever will usually accept support, whereas a depressed person may tend to isolate and avoid seeking the support of others. A good rule of thumb is to determine whether your symptoms are interfering with your ability to function on a daily basis. Grieving people who have a history of clinical depression prior to their loss may find that their grief and depression affect each other. They may experience more intense depression for a time, or they may find that their depression makes it difficult for them to actively mourn in healthy ways. If you are unsure if what you are experiencing is normal or wondering if you might need additional treatment, make an appointment with your counselor or psychiatrist for an evaluation.

The Psychological Aspects of Grief

The loss of a loved one can affect us in so many different ways. The psychological aspects of our grief can be particularly troubling because we wonder if we are “normal” or if we are going “crazy.” The intense emotions, racing thoughts, and overall stress can leave us in a mental fog. It is not uncommon for grieving people to lose their keys, mix up their appointments, and find it hard to focus on even simple tasks. During these intense days of grieving, it is normal to experience disbelief, forgetfulness, confusion, questioning, distractibility, and other cognitive

changes. Grievers may find themselves playing a running video in their mind of their loss experience, especially if the death was traumatic. This is the mind's way of attempting to make some sense out of an experience that can feel chaotic and beyond understanding. Remember to be patient with yourself. Set small goals, and when you achieve them, be satisfied. Typically, with time and good coping skills, the mental fog you are experiencing will dissipate. If your loss was traumatic or you are concerned about your psychological reactions, please reach out to the Baptist Centers for Good Grief or another mental health professional.



Dates to Remember: Kaleidoscope Series

Educational and supportive virtual grief seminars provided by grief counselors for grieving adults.

Spirituality in Grief

July 23 from 3:30-5:00pm

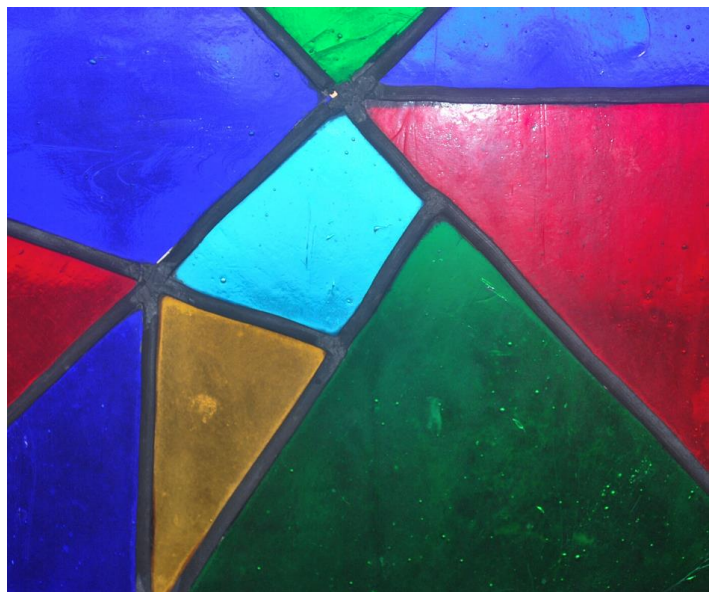
Parenting While Grieving

August 27 from 9:00-10:30am

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



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Dates to Remember: Grief Support Groups

Adult Grief Groups

Pregnancy and Infant Loss – Monthly Virtual Support Group
August 13, September 10 & October 8 from 11:00am-12:00pm

Widow and Widower Grief Group – Weekly Virtual Support Group
August 3, 10, 17, 24 & 31 from 1:30-2:30pm

5 Week Support Group – Weekly Virtual Support Group for Grieving Adults
August 7, 14, 21, 28 & September 4 from 1:00-2:30pm

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Teen Grief Groups

Monthly Virtual Support
Group for 13-17 year olds.

August 20, September 17, October 15, November 19 & December 17 from
5:30-7:00pm

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Children's Grief Groups

8-9 year olds Bi-weekly Virtual Support Group

August 4 & 18, September 8 & 22, October 6 & 20, November 3 & 17 & December 1 from 4:00-5:00pm

10-12 year olds Bi-weekly Virtual Support Group

August 3 & 17, September 21, October 5 & 19, November 2 & 16 & December 7 from 4:00-5:00pm

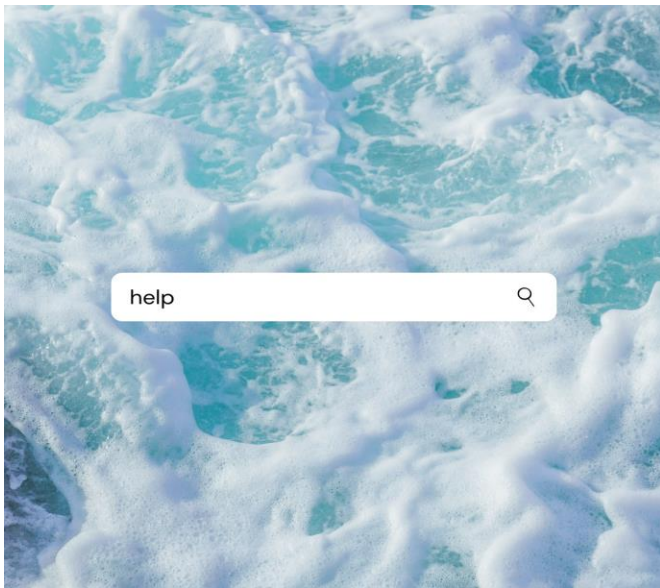
Registration Required:

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AR/MO call 870-936-7719



Be the Good in Grief



If you need help, just ask. Asking for help can be hard, but the people in your life may not know what you need until you say it. We hope you have learned this valuable lesson as a client, and now we must practice what we preach.

We need your help.

This has been a really hard year. We had great hopes for 2020, with exciting plans for new programs and physical expansion of our space in Collierville. As “normal” came to a grinding halt, much of our financial support did, too. We’ve had to cancel events and postpone fundraisers, and there

has been a decrease in donations due to the overall economic uncertainty. Everything seems just a little different this year.

Many of you know, firsthand, the importance of free grief services being available to our community. We often say we wish no child ever needed to attend Camp Good Grief, that nobody needed to come to the Centers for Good Grief, and, certainly, that you never had to experience the loss of a loved one. However, we know that death and grief are a universal part of life. All of us are, or will be, impacted by the loss of an important person to us. Because we know how important these resources, services and programs are for you, we need to keep our doors open to anyone who needs us to walk beside them on their grief journey.

We humbly ask you to consider making a financial gift today by visiting <https://baptistgriefcenters.org/give/>. Will you help us?

Take Five!

Here are five resources to help you along your journey.

1. *The Depression of Grief*: book by Alan D. Wolfelt, PH.D.
2. *Speaking Grief*: PBS documentary livestreamed on Facebook airing July 15th at 7 p.m. (CST)
3. *Terrible, Thanks for Asking*: podcast by Nora McInerny
4. <https://www.compassionatefriends.org/> – support for the loss of a child at any age
5. Relax Melodies app – found in the app store of your smartphone.

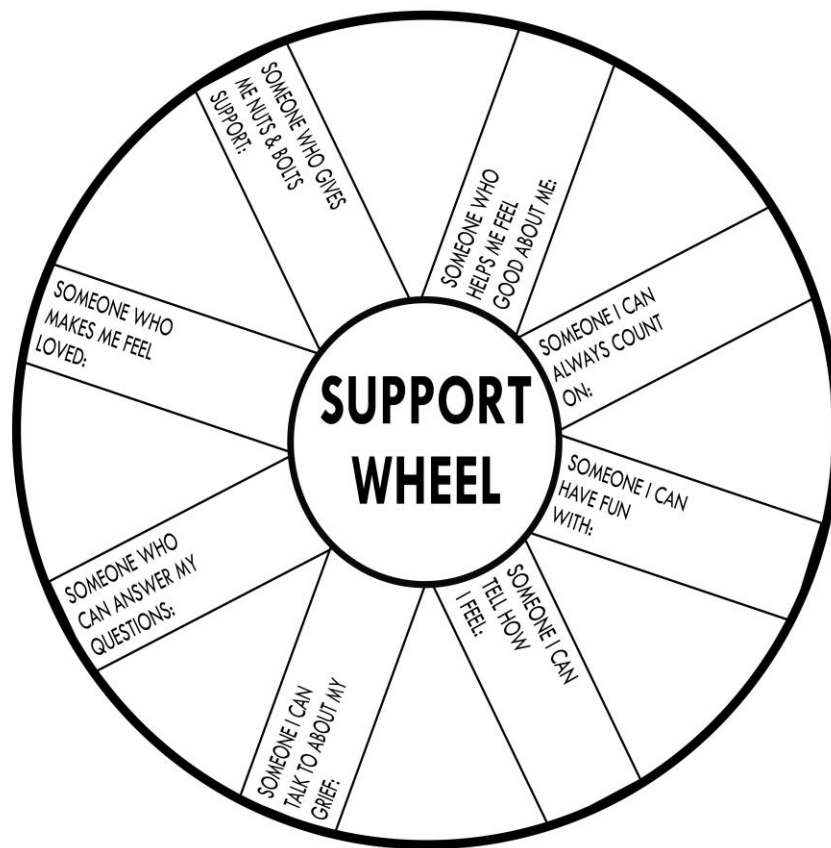


The Next Step

This is an activity to complete on your own as part of your way to cope and express your grief.

Support Wheel

We know that support is key to healing. Many times, we think all of our support is provided by one person, when in reality, we need many different people to help provide all of our grief needs. Take a moment to look at the support wheel below and consider who the various support people are in your life, and how you can ask them for help.



CENTERS FOR
GOOD GRIEF

baptistgriefcenters.org

**KEMMONS WILSON FAMILY
CENTER FOR GOOD GRIEF**
1520 W. Poplar Ave.
Collierville, TN 38017

MILLA'S HOUSE
326 Ellsworth
Memphis, TN 38111

**NEA BAPTIST
CENTER FOR GOOD GRIEF**
1717 Executive Square
Jonesboro, AR 72401