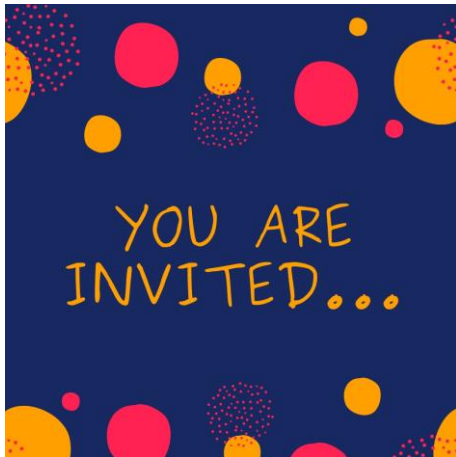


See the Good in Grief

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Remember when we used to get invitations to events, celebrations and other fun things happening in our community? Well, we want to invite you to participate in two very important upcoming events. While we cannot gather like we are used to, these events are still very important because they support the work we do at our Centers for Good Grief. We know that grief is real, grief is BIG, and grief is better shared. We also know how imperative it is to take care of our physical health, especially while we are grieving. Both of these events are opportunities to get fresh air, move your body, and connect with others in remembrance of loved ones who have died.

Miles 4 Milla's House is a bike ride and party which usually takes place in May. This year's event was moved to September in hopes that we would be able to ride together and celebrate afterwards like we normally do. Even though we aren't able to gather, Miles 4 Milla's House is offering a drive-through shirt pick-up. You can then wear your shirt as you ride your bike or take a walk with people who are special to you (socially distanced, of course!). **You need to register by September 14 to get what Milla's dad, Frazer, calls "the softest shirt in town".** **The drive through event will be happening on Saturday, September 19 from 10 am to 12 noon at Milla's House. Visit miles4milla.org for more details.**

The **Camp Good Grief 5K** is also a drive through event this year. Our 5K is always a family-friendly event and we hope this year's version will be, too. **Register at campgoodgrief5k.raceroster.com and drive through to pick up your official race shirts on either Saturday, October 3 from 11 am – 1 pm or Sunday, October 4 from 2-4 pm.** We encourage you then to run or take a walk with your family, friends or coworkers in memory of someone special you have lost. Use that time to share stories and memories of your loved one. **If you register by September 22, you can even get your loved one's name printed on this year's race shirt.**

Miles 4 Milla's House and the Camp Good Grief 5K were established to remember special people we have lost. Even though we miss them terribly, we can still remember and honor our loved ones by supporting programs that help others. You can be the good in grief because all proceeds raised from each event directly support the work we do at Milla's House and Camp Good Grief.

Sincerely,
Angela Hamblen Kelly, LCSW
Executive Director

Grief and Mantras

A mantra is a word or short phrase that you repeat to yourself to help with focus, concentration, motivation and inspiration. Mantras can be very effective as a tool to cope with your grief when it is overwhelming and intense. Mantras are simple and easy, but also powerful and meaningful. These words or phrases can be especially helpful when coupled with breathing exercises. Mantras aid us in creating calmness and peace; they remind us not to be so hard on ourselves and assist in keeping our grief manageable. Examples of mantras include: “peace,” “I can do hard things,” “it’s ok to be exactly where I am,” “one step at a time.” Mantras can use scripture or humor, and they can really be anything that is meaningful and helpful to you. To maximize the effectiveness of a mantra, write it down, place it someplace where you will see it regularly, share it with a friend for accountability, and repeat it often.



Kids, Grief and Acting out Behavior

Children experience grief differently than adults, but they do grieve, and each child grieves uniquely. Children sometimes express their grief by being disruptive or acting out. They may exhibit behavior from earlier childhood such as thumb sucking, bedwetting, baby talk, or becoming clingy. During this time of mourning, children may need more touch, affection, and reassurance. You can help your child cope with their grief by encouraging them to talk about their feelings, giving them breaks from grief through play, and encouraging remembrance. Although children may experience intense emotional pain, they still need boundaries and routine in their life. Sometimes the loss can bring about a feeling of insecurity and fear of losing someone else. Teens may engage in alcohol/drug abuse or other risky behaviors. If a teen is engaging in dangerous or destructive behaviors, it is important to seek professional help.



Dates to Remember: Kaleidoscope Series

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

Grieving After An Illness
September 24 3:30-5:00pm

Grieving After Overdose
October 23 3:30-5:00pm

Coping with Grief During the Holidays

November 2 12:00-1:30pm
November 4 9:00-10:30am
 3:30-5:00pm
November 5 12:00-1:30pm
 6:00-7:30pm



Registration Required:

TN/MS call 901-861-5656
AR/MO call 870-936-7719

Dates to Remember: Grief Support Groups

Adult Grief Groups

Pregnancy and Infant Loss – Monthly Virtual Support Group
October 8 from 11:00am-12:00pm

5 week series group for adults –

Weekly Virtual Support Group October 6, 13, 20, 27 & November 3 from

Day Group: 12:00-1:00pm

Evening Group: 5:30-6:30pm

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.

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

**8-12 year olds Bi-weekly Virtual
Support Group**

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

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Why I Volunteer with Camp Good Grief

Meet former camper, now Camp Good Grief Volunteer, Elijah.

Why do you volunteer with Camp Good Grief?

The reason I volunteer is that Camp Good Grief helps people understand their grief, and shows them that there is a life to live after a loved one dies. I want to be a part of such a strong organization and help all the people who are confused when it comes to grief.



I got involved with camp by being a Camp Good Grief camper myself. After my dad passed away in 2011, my mother saw the impact it had on my younger brother and me. We received counseling from the Kemmons Wilson Center for Good Grief and we have been much better ever since.

Will you share a camp memory with us?

Elijah: The one Camp Good Grief memory that has stayed with me is the very first time I got to release a balloon at the camp memorial service. It was such a spiritual moment to have with my dad as well.

Take Five!

Here are five resources to help you along your journey.

1. *Breathe2relax* in your app store
2. *Grief One Day at a Time*, Alan Wolfelt, Ph. D.
3. *Daily Quote-Positive quotes* in your app store
4. *Ten Percent Happier* – 500 guided meditations in your app store
5. *Healing Your Grieving Heart for Kids, 100 Practical Ideas*, Alan Wolfelt, Ph.D.





The Next Step

This is an activity to complete on your own as a way of expressing your grief and coping.

After reading the above article about mantras, take a few moments to create your own. Think about what you need. Do you need peace, calm, reassurance, courage? Then choose a word or phrase that is helpful and meaningful. Once you have your mantra, close your eyes and take slow, deep breaths while repeating your mantra for at least one minute. Repeat as needed throughout the day when you find yourself engaging in anxious or unhelpful thinking.

Write your mantra here.



baptistgriefcenters.org

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