



# RESOURCE GUIDE

## ***Processing Grief with So Much Happening in Your Day***

Grief is a part of life that we all experience and is a powerful emotion that can be painful, especially in a non-stop world. Out of that pain can come meaning and a new beginning. The practitioner's role is to come alongside the bereaved and be present in that grief journey to meaning and a new beginning.<sup>1</sup> This video presents principles that practitioners can use to aid in the grief journey.

### MAIN POINTS

Principles that enable practitioners to support families in navigating the difficult end-of-life scenarios:

- Acknowledge the loss<sup>1</sup>
- Allow yourself to experience and express emotions<sup>2</sup>
- Explore what works for each individual<sup>2,3</sup>
- Use rituals, traditions, and ceremonies to acknowledge the importance that person had in life<sup>1</sup>

### RESOURCES

HPNA. Education, Nursing Guides: Bereavement During a Pandemic.

[https://advancingexpertcare.org/HPNA/Education/Featured\\_Products/Nursing\\_Resource\\_Guides\\_NRGs\\_/HPNAweb/Education/NRGs.aspx?hkey=054df585-5e28-4b58-b14d-0a37eb6a1df6](https://advancingexpertcare.org/HPNA/Education/Featured_Products/Nursing_Resource_Guides_NRGs_/HPNAweb/Education/NRGs.aspx?hkey=054df585-5e28-4b58-b14d-0a37eb6a1df6). Accessed May 14, 2021.

HPNA. Education, Nursing Guides: Nursing Care and Support at End of Life.

[https://advancingexpertcare.org/HPNA/Education/Featured\\_Products/Nursing\\_Resource\\_Guides\\_NRGs\\_/HPNAweb/Education/NRGs.aspx?hkey=054df585-5e28-4b58-b14d-0a37eb6a1df6](https://advancingexpertcare.org/HPNA/Education/Featured_Products/Nursing_Resource_Guides_NRGs_/HPNAweb/Education/NRGs.aspx?hkey=054df585-5e28-4b58-b14d-0a37eb6a1df6). Accessed May 14, 2021.

ONS. Palliative Care Resources Comfort Nurses Through COVID-19 Stress, Dilemmas, and Grief.

<https://voice.ons.org/news-and-views/palliative-care-resources-comfort-nurses-through-covid-19-stress-dilemmas-and-grief>. Published April 11, 2020. Accessed May 14, 2021.

CAPC. Resources for Health Care Workers Experiencing Grief. <https://www.capc.org/covid-19/resources-health-care-workers-experiencing-grief/>. Accessed May 14, 2021.

Forner KA. A plea for help from the front lines of the COVID-19 pandemic [Kristin Adams Forner, MD](#). Accessed May 14, 2021.

<https://www.kevinmd.com/blog/2021/05/a-plea-for-help-from-the-front-lines-of-the-covid-19-pandemic.html>. Accessed May 17, 2021.

Headspace. How to be More Empathetic. <https://www.headspace.com/articles/how-to-be-more-empathetic>. Accessed May 14, 2021.

### REFERENCES

1. Harris DL. Winokuer, Howard R. Principles and Practice of Grief Counseling. 3<sup>rd</sup> ed. New York, New York: Springer Publishing Company; 2021.
2. Siegel A. (2021). Can You PACE Yourself? Using PACE in the Clinical Setting, at End of Life and in Grief Work. J Radiol Nurs, 40, (1), 80-87.
3. Stroebe M. Schut H. Boerner K. (2017). Cautioning health-care professionals: Bereaved persons are misguided through the stages of grief. Omega: Journal of Death and Dying, 74 (4): 455-473

### FOR MORE INFORMATION



<https://advancingexpertcare.org/>



<https://www.professionalchaplains.org/>



<https://www.swhpn.org/>



<https://www.ons.org/>

Click [here](#) to learn more about POLARIS and Dealing with Grief: A Series of 5 Short, Powerful Videos

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