



The Mystery of Grief and Stress

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J. William Warden – Tasks of Grief

- Accept Reality of Loss – move beyond the initial shock and disbelief and grasp the permanence of the loss
- Experience the pain of grief – feel the feels, don't suppress them
- Adjust to a world without the loss/deceased – external/internal adjustments, changes in belief systems
- Find an enduring connection with the deceased/loss while embarking on a new life – integrating the loss into one's life story





The problem isn't the stress or grief it's how we dance with it, manage it, and determine if it's going to be beneficial/transformational or if it will be harmful and hurt us.

The way we dance

Polyvagal Theory





State of Hyperarousal

Flight/Fight Response

Hyper-vigilance, anxiety,
perception of challenge or
danger

Increased heart rate, blood
pressure

Rigid or chaotic thinking, poor
judgement, racing thoughts,
obsessive thoughts

Emotional reactivity, dread,
rage, anger, panic, fear, worry

NO NEW LEARNING CAN TAKE PLACE





State of Hypoarousal Freeze/Fawn Response





NO NEW LEARNING CAN TAKE PLACE

- Slowed or disabled thinking process, lack of awareness, isolation/withdrawal, depression, numb, hopelessness, shut down, helplessness, confusion/disorientation, trapped, shame, overwhelm, procrastination
- Decreased heart rate



Regulated state

All emotions are tolerated, information integrated, access to intuition and insight, calm, alert, relaxed aware, sense of control, curiosity, grounded, mindful, compassionate, in the present moment, playfulness

Optimal Zone of Arousal

Window of Tolerance

NEW LEARNING CAN TAKE PLACE













Somatic Awareness

Breath work – best way to increase vagal tone

- Tongue to roof of mouth – calming button
- Inhale through nose
- Breathe in belly expands – breathe out pull belly to spine
- Exhale – slows heart rate
- Inhale – increases heart rate

Physiological Sigh –

Calms nervous system (hot)

- 2 inhales (first long then short) – long exhale
- 2-3 times stops anxiety

Three Stage Inhale - Stimulates nervous system (cold)

- Slowly inhale filling top of lungs, inhale filling middle of lungs, inhale filling bottom of lungs then exhale



SAFE

Sleep – Circadian Rhythm

Attitude – Practice gratitude, cut new neural pathways

Food – Whole foods of many colors

Exercise – Sit no more than 45 min at a time, nature

MEDITATION

Preparation:

Space

Outdoor grounding,
meditation chair





Herbs/Botanicals

Lemon Balm – nervine,
calms, focus, sleep

- **Concoction** – very strong tea
 - Spray bottle
 - Microsoft cloth – hot/cold
- **Tea** – sip whenever mind wanders during meditation

Music – earbuds/headphones

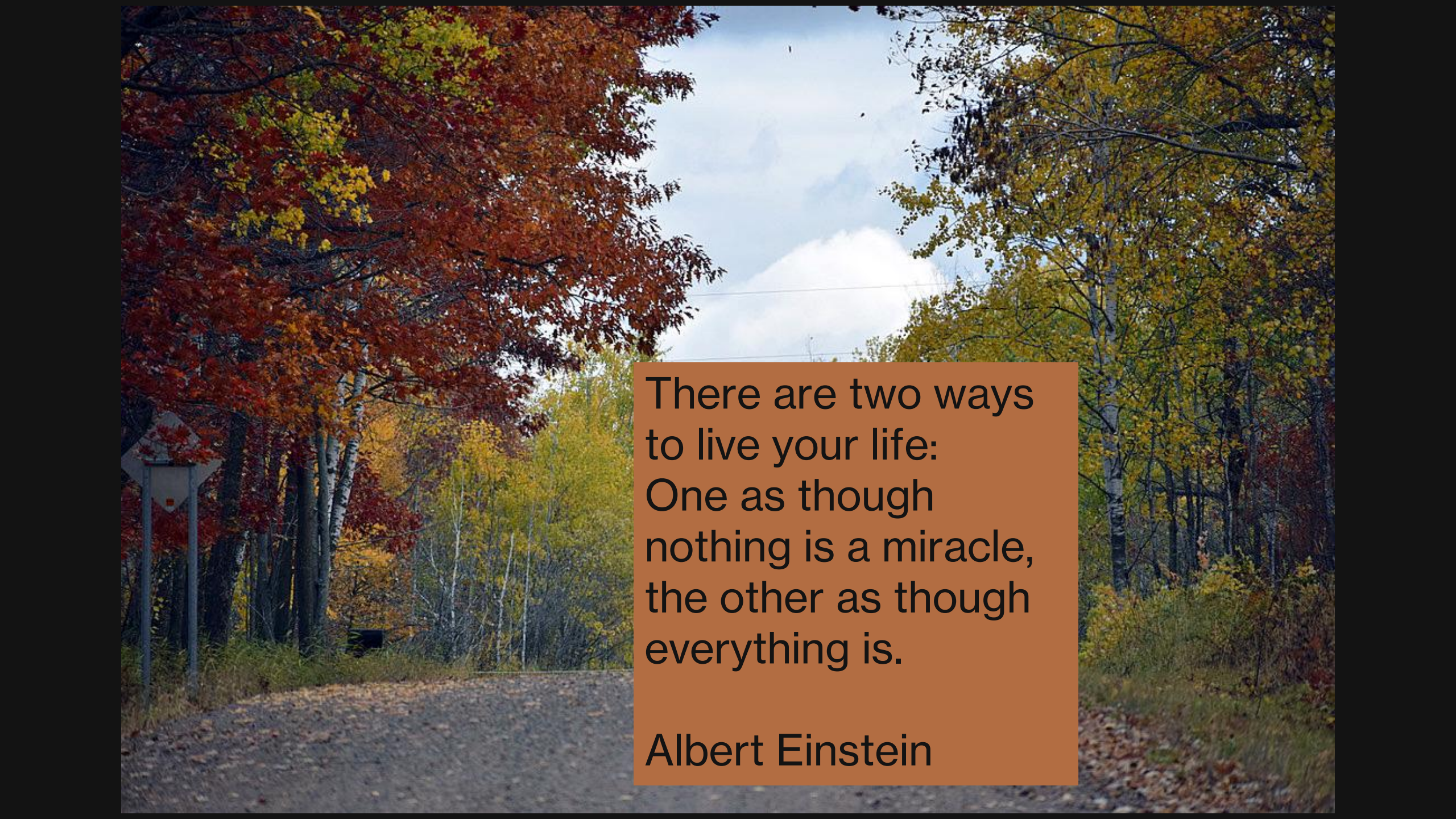
- Bilateral music
- Brainspotting BioLateral music – David Grand PHd

EFT – Emotional Freedom Technique/ Tapping

- Use for calming, setting intention







There are two ways
to live your life:
One as though
nothing is a miracle,
the other as though
everything is.

Albert Einstein