

Pause and Action Community Grief

JFS Boulder and Lyda Hill Institute for Human Resilience

Mission

Improving the lives of individuals and families in need throughout Colorado by taking an integrated approach to delivering comprehensive support services.

Programs and Services

- Aging Care & Connections
- Baskin Jewish Community Chaplaincy
- Disability Programs
- Employment Services
- Housing Stability & Food Security
- JFS Boulder
- Mental Health Counseling & Services
- Yana Vishnitsky Refugee Resettlement Program

JFS Boulder

- **Emergency Assistance**—Providing financial assistance to individuals and families for rent and mortgage payments.
- **Care Management**—Supporting access to a continuum of services that help older adults live in their community of choice.
- **Counseling** - Offering compassionate counseling via teletherapy or in person from trained social workers with a wealth of expertise. Conversation-driven community groups are also offered to build connections.
- **Friendly Visitor Program**—Pairing a Friendly Visitor volunteer with an older adult to promote meaningful friendships and prevent social isolation.
- **Holiday Services**—Trained volunteer para-chaplains conduct Shabbat and other Jewish holiday celebrations at older adult residential communities, giving residents an important connection to their faith.
- **Monthly Caregiver Support Group**—For those caring for their aging parent.
- **Virtual Grief Support Group**—Jewish Family Service and Colorado VNA Hospice present an online grief support group open to all members of the Jewish community, affiliated and non-affiliated.

JFS Boulder

- **Mental Health Services**—JFS Boulder has expanded its mental health services to provide ongoing high-quality outpatient mental health support to adults who need therapy, including those impacted by the Marshall Fire or Straight-Line Wind Event in Boulder County.
- **Pause and Action Community Grief**
- **Marshall Fire Resources**
 - **Boulder County Crisis Counseling**—This program, generously supported by CFBC's Boulder County Wildfire Fund, supports the behavioral health needs of those affected by the Marshall Fire.
 - **Processing Groups**—Process groups allow individuals to share their experiences and express emotions with others and a trained therapist. They provide a unique space to deepen perspectives, receive support, and gain feedback from peers. Process groups offer group members a chance to connect with their peers to process, cope, and grow from difficult experiences. Groups are for those impacted by the Marshall Fire. Several dates and times available. Group will be capped at 10 attendees per group.

Contact JFS Boulder

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A photograph of a man and a woman from behind, embracing in a modern building hallway. The man has dark, wavy hair and is wearing a blue and green patterned sweater. The woman has long, wavy, reddish-brown hair and is wearing a black jacket with a red strap over her shoulder. The background shows a blurred hallway with a glass wall on the left and a white wall on the right.

Pause and Action

COMPOUNDING GRIEF AND HEALING

APRIL 4, 2023

Agenda

Nicole Weis, LPC, LAC

Director of Community Training and
Empowerment

Lyda Hill Institute for Human Resilience
at UCCS

This Evening:

Community Pause

Stress and Disasters

How Disasters Cause Grief

Stages of Grief

Actionable Steps

The background of the entire image is a close-up photograph of white, daisy-like flowers with green stems and leaves. The lighting is soft and warm, suggesting a sunset or sunrise, with a slight bokeh effect in the background. A semi-transparent light blue rectangular box with a thin white border is positioned on the right side of the image, containing the title and reflection questions.

Pause and Reflection

What has the past year felt like?
How do you feel today?
How have you coped?

Stress

Mind and body's reaction to an unusual demand such as a threat or challenge

The interaction between environmental conditions and the person where perceived demands exceed perceived capability for managing those demands



WALKING IN A FOREST

Fight

Flight

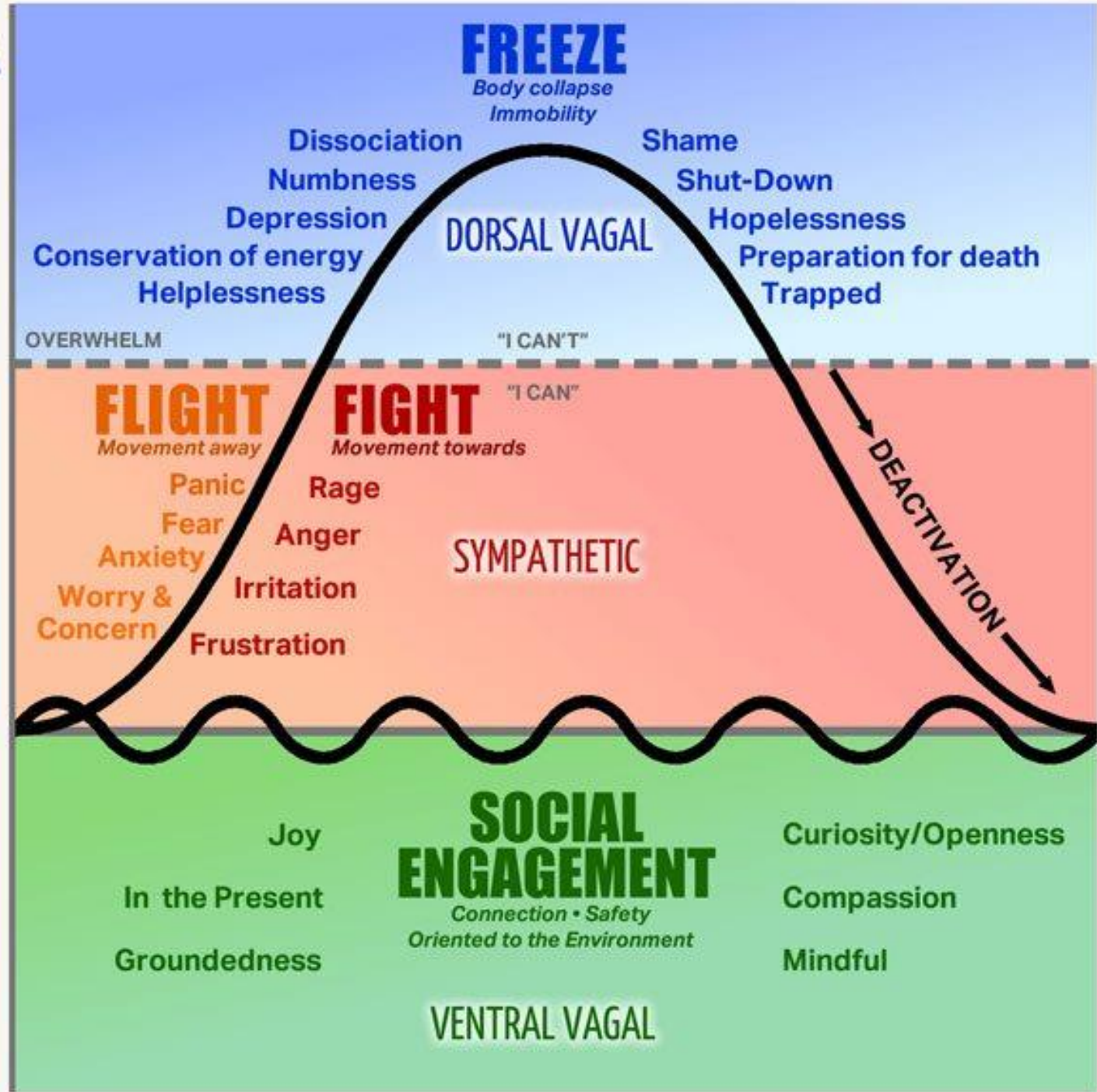
Freeze

(Fawn)





SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEM



PARASYMPATHETIC NERVOUS SYSTEM
DORSAL VAGAL - EMERGENCY STATE

- Increases**
- Fuel storage & insulin activity
 - Endorphins that help numb and raise the pain threshold.
- Decreases**
- Heart Rate • Blood Pressure
 - Temperature • Muscle Tone
 - Facial Expressions • Eye Contact
 - Intonations • Awareness of the Human Voice • Social Behavior • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

- Increases**
- Blood Pressure • Heart Rate
 - Fuel Availability • Adrenaline
 - Oxygen circulation to vital organs
 - Blood Clotting • Pupil Size
- Decreases**
- Fuel Storage • Insulin Activity
 - Digestion • Salvation
 - Relational Ability
 - Immune Response

PARASYMPATHETIC NERVOUS SYSTEM
VENTRAL VAGAL

- Increases**
- Digestion • Intestinal Motility
 - Resistance to Infection
 - Immune Response
 - Rest and Recuperation
 - Circulation to non-vital organs (skin, extremities)
 - Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)
 - Ability to Relate and Connect
- Decreases**
- Defensive Responses

Traumatic Stress

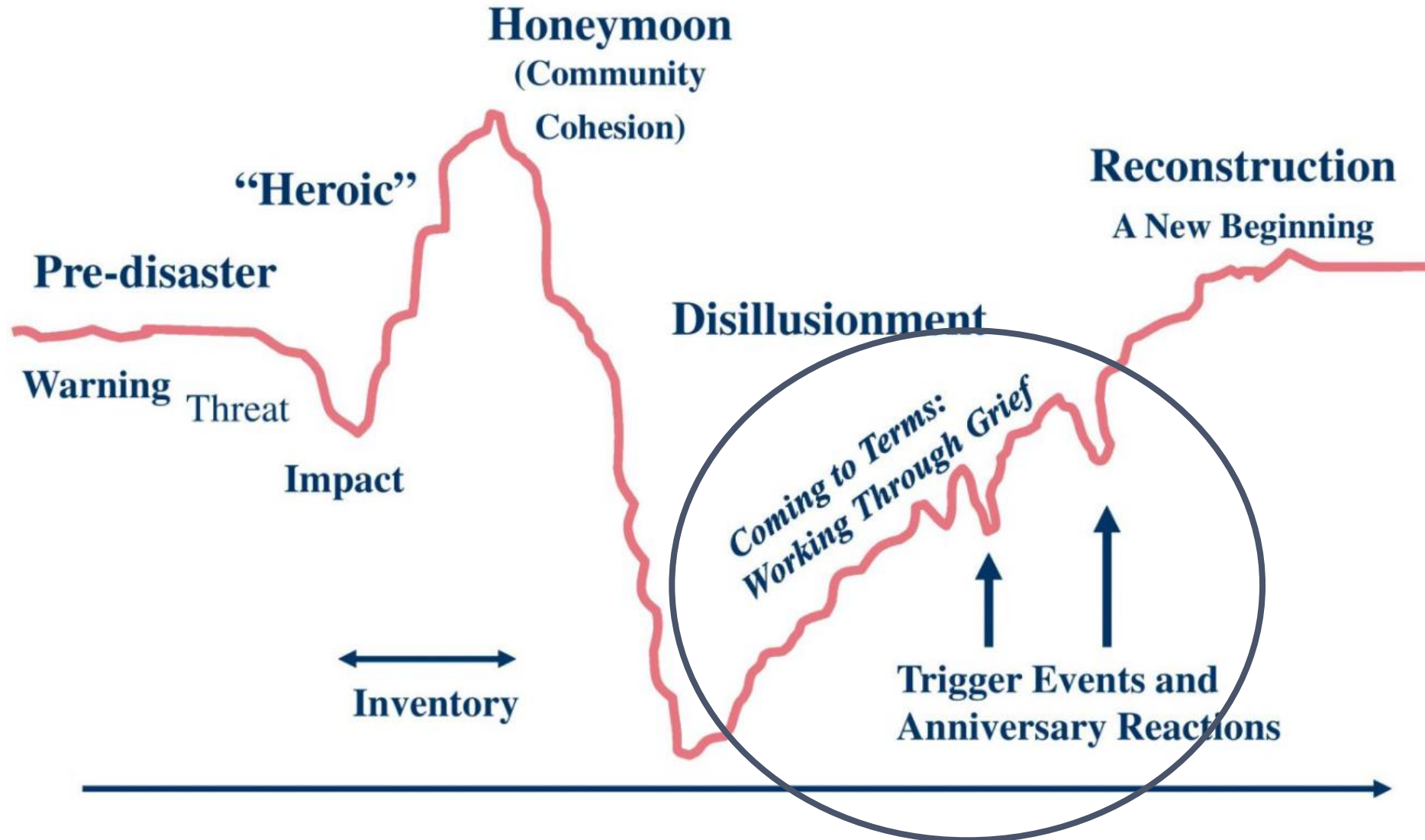


Events that threaten the life, health, or safety of an individual, either directly or indirectly.

- Physical and sexual assaults
- War
- Child abuse and neglect
- Life-threatening illness
- Traumatic loss
- Natural and human-caused disasters

Distress and symptoms following exposure to such an extreme event may be more severe or persistent than general stress reactions.

Typical Phases of Disaster



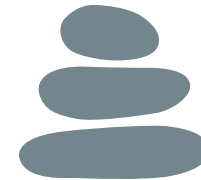
Beyond the Disaster



Ongoing stress and
burnout



The Unknown



Compounding Trauma



How Disasters Cause Grief

Losses

Life, safety, and predictability

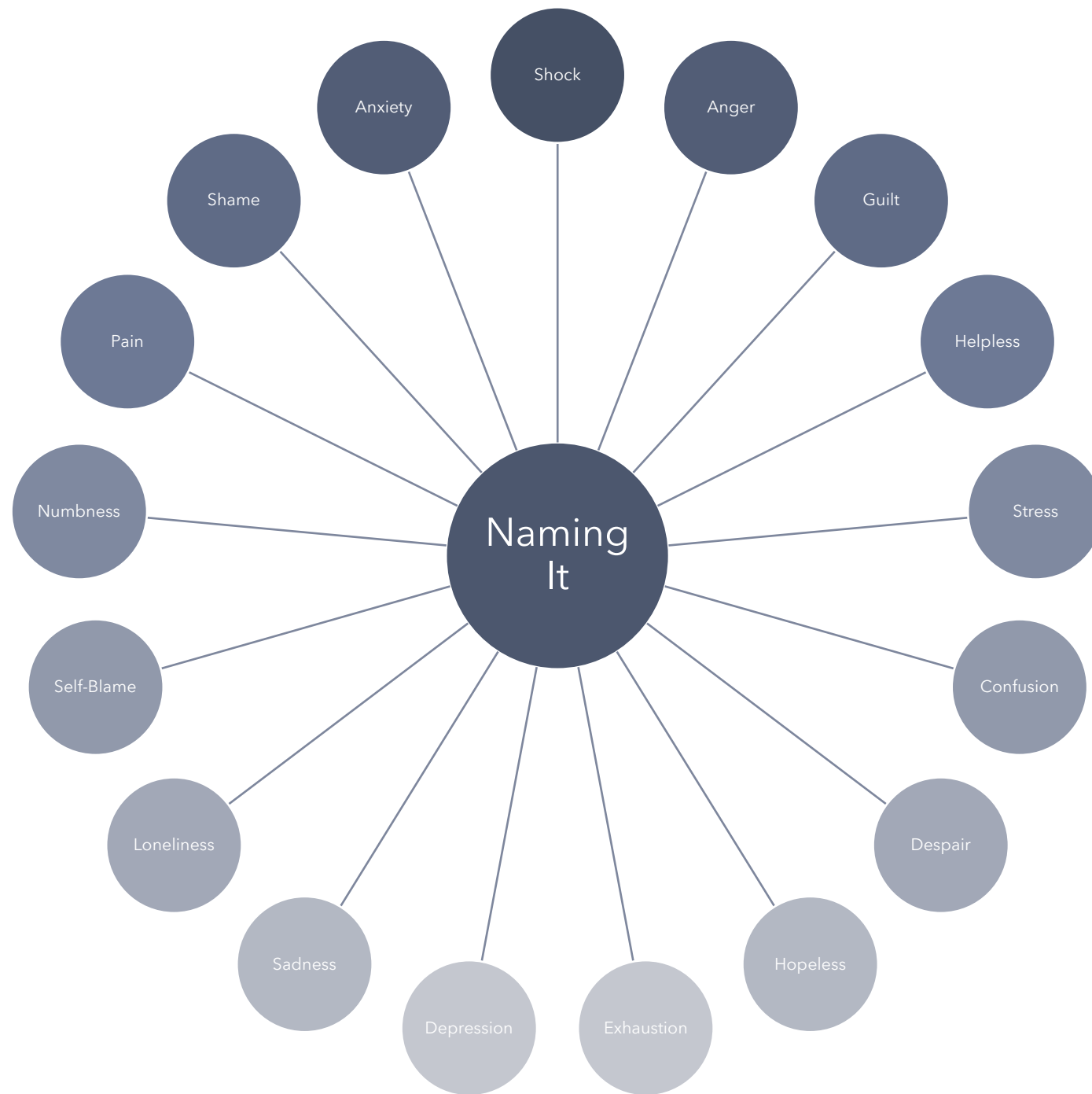
World views

Normalcy

Events, future plans

Social support

?





Stages of Grief

"The stages of grief are not meant to be prescriptive but rather descriptive. They are meant to give more detail and context about grief to help normalize the experience for the individual griever," Jaymie Byron, LMFT and grief therapist.

The stages of grief



Reality



A “New” Stage: Finding Meaning

“Looking at how your life has changed...it’s likely that your ability to connect and grieve has changed as well. Hence, it is important now more than ever, to reflect on ways of managing this grief through the lens of finding meaning. We can find ways to move through the grieving process by NAMING WHAT WE HAVE LOST, making meaning of our grief, and marking it by recognizing its value in our life.” —Past the Pandemic Mental Wellbeing Toolkit



Finding Meaning

- Memorialize/Honor what has been lost
- Name meaningful moments as they happen
- Honor the hard while holding space for positive outcomes or memories
 - Its an "and"
- Focus on strengths
- Consider self-compassion



Actionable Steps

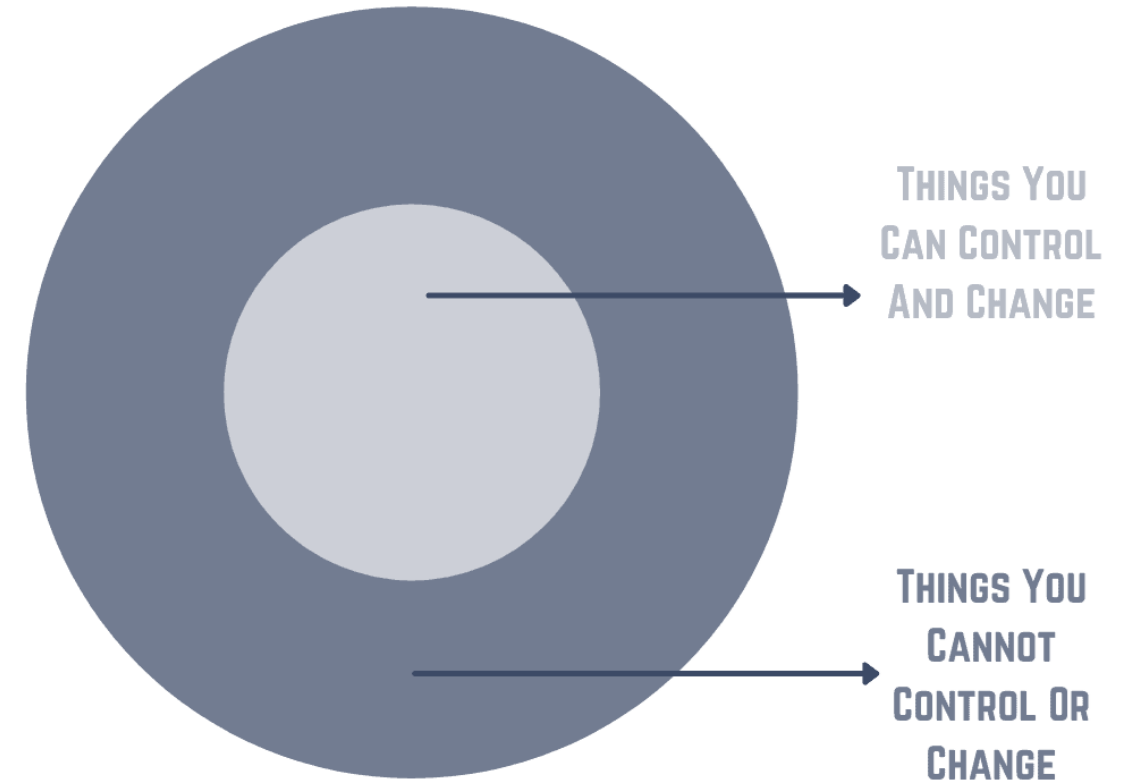
- Name your feelings (and feel them!)
- Stay connected – safe and social!
- Be flexible, practice growth mindset
- Minimize news exposure, social media
- Avoid unhelpful/ineffective coping strategies
- Think about locus of control



Locus of Control

The degree to which people believe that they (as opposed to external forces) have control over the outcome of events in their lives.

Our beliefs about what we are able to control impact our cognition (thoughts) and our behavior (actions).





Our Brains are Pattern Makers

Flexible Thinking
Reinforcing Patterns of Control
Self-talk

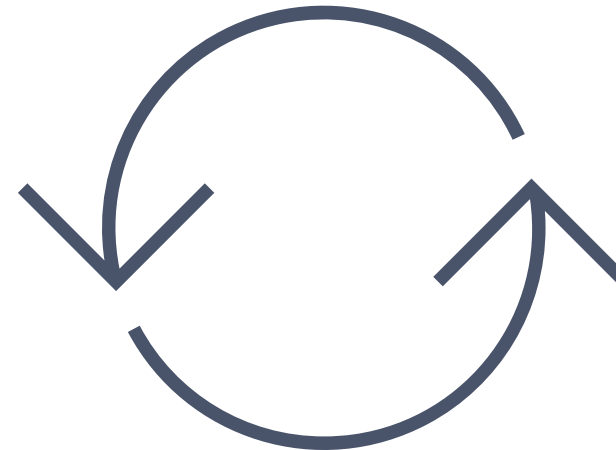
Safe and Social

Getting Support

- Bolsters resilience in stressful situations
- Reduces the psychological and physiological consequences of stress
- Enhances immune function

Giving Support

- Inhibits stress responses
- Leads to increase in:
 - Happiness
 - Belonging
 - Self-esteem
 - Self-worth



Types of Social Support



Informational

Messages of knowledge or facts
Advice or feedback



Emotional

Expressions of caring
Concern, empathy, or sympathy



Esteem

Messages that promote one's
skills, abilities, or intrinsic value



Social Network Support

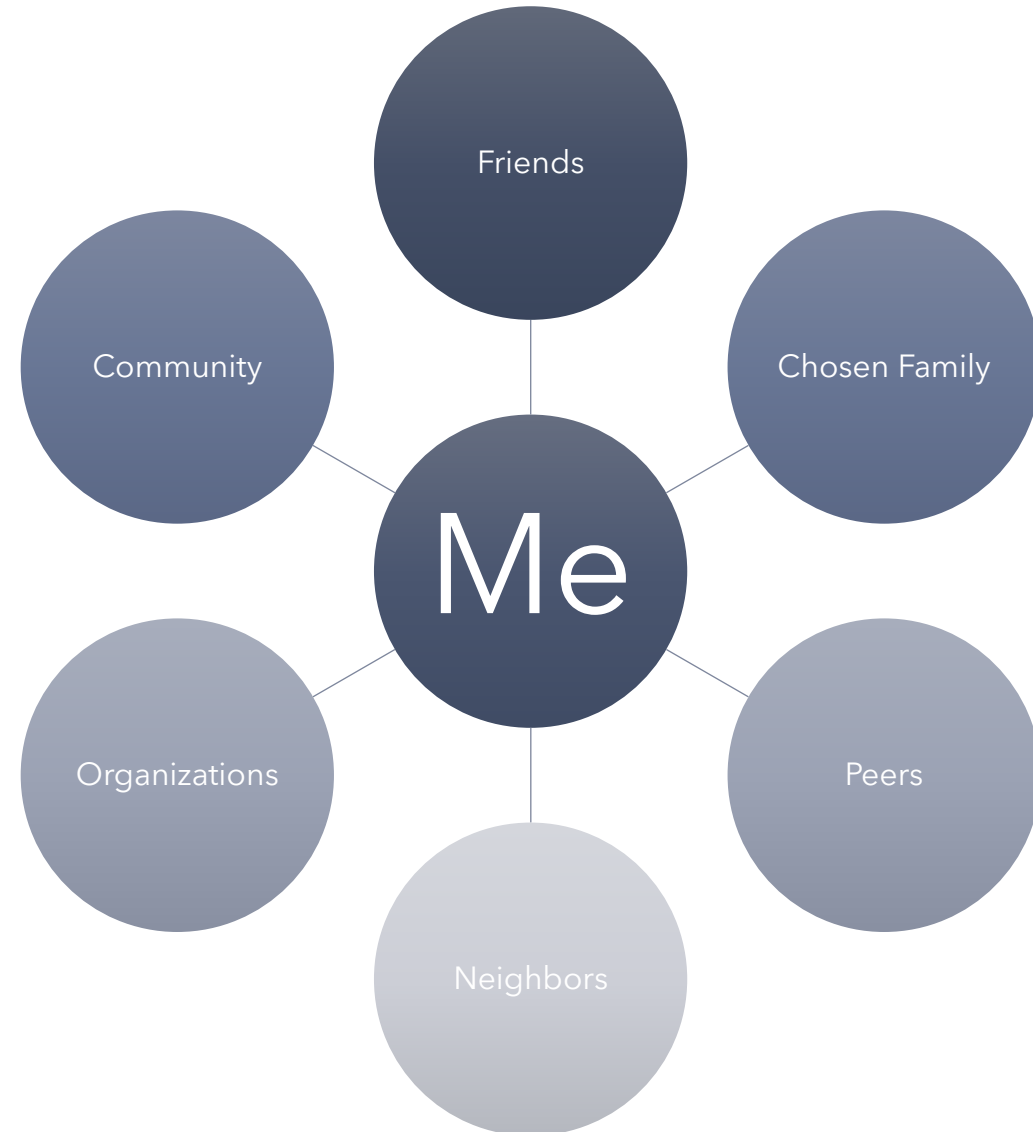
Messages that help to enhance
sense of belonging



Tangible

Physically providing needed
goods or services

Create a
Map: Who's
In Your
Corner?



SELF-EFFICACY

An individual's belief in their innate ability to achieve goals; centers around an individual's belief in their efforts and accomplishments and gives the individual a sense of control over their actions.



MASTERY
EXPERIENCE



VICARIOUS
LEARNING



SOCIAL
PERSUASION



PSYCHOLOGICAL
STATE

Plays a large role in resilience and coping styles
Helps an individual estimate their capacity
Helps regulate emotional states

A full-page background image showing two runners, a man and a woman, from behind as they jog on a paved road. The sun is low on the horizon, creating a strong golden glow and long shadows. The landscape is open with snow-dusted fields and distant mountains.

Running a Marathon

Grief, I've learned, it really just love. It's all the love you want to give, but cannot. All of that unspent love gathers in the corner of your eyes, the lump in your throat, and in the hollow part of your chest. Grief is just love with no place to go." - Jamie Anderson



Final thoughts and reflections



Thank you

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Custom Trainings and
Healing Options

Lyda Hill
**Institute for
Human Resilience**

