



## APPLICATION GUIDE, JANUARY 2023

### EPISODE 127: HOW TO GRIEVE WELL

Grieving is a natural part of life. We grieve many things: a lost loved one, the death of a dream, unfulfilled expectations, or even the loss of an opportunity. Grieving in a healthy way allows us to keep living even in the midst of loss. In this episode, Kevin Geer and Justin Stewart discuss the grief process and how to grieve in a way that brings healing and health.

### FIVE STAGES OF GRIEF

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

### 7 THINGS WE LEARN ABOUT GRIEF FROM THE OCEAN

#### 1. GRIEF WILL PICK YOU OFF YOUR FEET.

- Grief makes you feel in over your head.
- You must ride the wave...feel your feels, control your actions.

#### 2. GRIEF WILL PUT YOU BACK ON YOUR FEET.

- When it seems overwhelming, you must trust it will put you back on your feet.
- Grief will settle.

#### 3. THE WAVE OF GRIEF WILL COME AGAIN.

- We must learn to ride the waves.

#### 4. SNEAKER WAVES.

- You will not see these ones coming.

#### 5. NATURAL WAVES.

- Birthdays, Holidays... You can see these ones coming from afar. You can prepare, but they still can lift you off the ground.

#### 6. HEALING GRIEF STARTS WHEN LIFE STARTS TO GET BACK TO NORMAL.

- After a memorial, when family and friends leave, etc.

#### 7. BEGIN TO DREAM.

- Grieve but dream. Make plans and look forward in life. If you get stuck in grief for over a year you may need to seek professional advice.