



# anticipatory grief: bracing for the impact

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# agenda



DEFINE AND DIFFERENTIATE

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COPING SKILLS

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THE TASKS OF MOURNING

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SELF-CARE

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STORIES

# introduction

“While sudden death is exceedingly traumatic, prolonged grieving can produce resentment, which then can lead to guilt.” (William Worden)



# anticipatory grief

“...The reactions  
to the perception  
of loss.”

-Therese A. Rando



# anticipatory mourning

“...Incorporates grief as its beginning processes – as going further to include actions undertaken to cope with, adapt suitably, and accommodate that loss and its ramifications.”

-Therese A. Rando



# coping skills for anticipatory mourning

**Let yourself feel the pain**

# feelings associated with mourning

- SADNESS
- ANGER
- BLAME
- GUILT
- ANXIETY
- LONELINESS
- FATIGUE
- HELPLESSNESS
- SHOCK
- YEARNING
- EMANCIPATION
- RELIEF
- CONFUSION
- DENIAL

# denial

“Denying the pain you feel now can prolong grief later on. Grief serves a purpose, whether it occurs before death or after death.”

-Lynne Eldridge, MD





# coping skills for anticipatory mourning

**Let yourself feel the pain**

**Do the work of mourning**

# worden's 4 tasks of mourning

- **TASK I: ACCEPT THE REALITY OF THE LOSS**
- **TASK II: PROCESS THE PAIN OF THE GRIEF**

“As you watch someone deteriorate during a progressive illness, you cannot help but identify with the process, having some awareness that this too may be your own fate.”

-William Worden



# Moving up a “generational step”



# worden's 4 tasks of mourning

- TASK I: ACCEPT THE REALITY OF THE LOSS
- TASK II: PROCESS THE PAIN OF THE GRIEF
- TASK III: BEGIN TO ADJUST TO A WORLD WHERE YOUR LOVED ONE IS MISSING

# what are some “adjustments”?

- EXTERNAL ADJUSTMENTS
- INTERNAL ADJUSTMENTS
- SPIRITUAL ADJUSTMENTS

# worden's 4 tasks of mourning

- TASK I: ACCEPT THE REALITY OF THE LOSS
- TASK II: PROCESS THE PAIN OF THE GRIEF
- TASK III: BEGIN TO ADJUST TO A WORLD  
WHERE YOUR LOVED ONE IS MISSING
- TASK IV: FIND A WAY TO REMEMBER

# coping skills for anticipatory mourning

**Let yourself feel the pain**

**Do the work of mourning**

**Spend time with the one who is dying**



# meaningful ways to spend time together

- REMINISCING
- LOOK AT OLD PICTURES
- HAND OR FOOT MASSAGE
- READING A FAVORITE BOOK
- WATCHING A FAVORITE MOVIE
- DECORATING FOR THE HOLIDAYS

# coping skills for anticipatory mourning

**Let yourself feel the pain**

**Do the work of mourning**

**Spend time with the one who is dying**

**Write, write, and write some more!**

“Keeping a journal can be healing. It can help you express things you wouldn’t feel comfortable sharing with a friend. A journal can also be a place to record thoughts you had around the time of your loved one’s death.”

-Lynne Eldridge, MD



# coping skills for anticipatory mourning

**Let yourself feel the pain**

**Do the work of mourning**

**Spend time with the one who is dying**

**Write, write, and write some more!**

**Allow others to enter your world of pain**

“Keeping your feelings to yourself can lead to loneliness and isolation.”

-Lynne Eldridge, MD



# coping skills for anticipatory mourning

**Let yourself feel the pain**

**Do the work of mourning**

**Spend time with the one who is dying**

**Write, write, and write some more!**

**Allow others to enter your world of pain**

**Holistic coping**

# holistic healing

- GUIDED IMAGERY
- MEDITATION
- ART THERAPY
- MASSAGE THERAPY
- MUSIC THERAPY
- FAITH PRACTICES

# coping skills for anticipatory mourning

**Let yourself feel the pain**

**Do the work of mourning**

**Spend time with the one who is dying**

**Write, write, and write some more!**

**Allow others to enter your world of pain**

**Holistic coping**

**Practice forgiveness**



Is it more important to  
love or be right?



# coping skills for anticipatory mourning

**Let yourself feel the pain**

**Do the work of mourning**

**Spend time with the one who is dying**

**Write, write, and write some more!**

**Allow others to enter your world of pain**

**Holistic coping**

**Practice forgiveness**

**Take care of yourself**

wrap up

What are your stories?  
Tell me more...



The background features a light gray base with several abstract shapes: a large reddish-brown shape on the left, a large olive-green shape on the right, and a white outline of a leaf on the right side. In the top left, there is a faint illustration of a leafy branch.

# thank you!

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