

Be Like Bamboo

Building Resilience for the Grief Journey



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*Author, Mindfulness & Grief
and From Grief To Peace*

What is resilience?

- The ability to maintain equilibrium (George Bonanno)
- The ability to find meaning after loss and to reconstruct a world that is both comprehensible and meaningful. (Robert Neimeyer)
- The capacity of individuals to navigate their way to health-sustaining resources, including opportunities to experience feelings of well-being, and a condition of the individual's family, community and culture to provide these health resources and experiences in culturally meaningful ways (Michael Ungar)



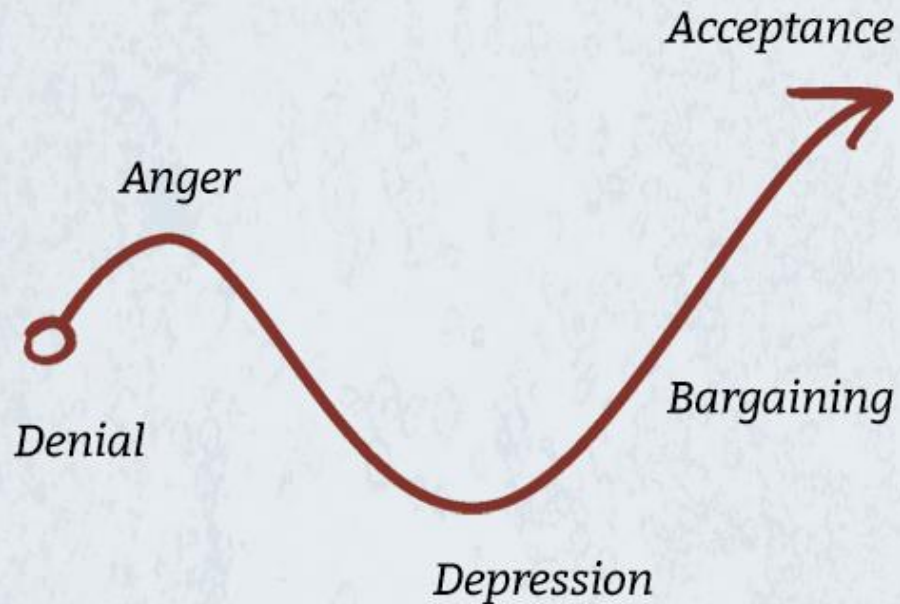
What does resilience look like?

- ❖ Seeking and accepting support
- ❖ Emotional regulation
- ❖ Continued engagement in life
- ❖ Finding meaning
- ❖ Adaptability and flexibility
- ❖ Self-care and health maintenance
- ❖ Growth and transformation

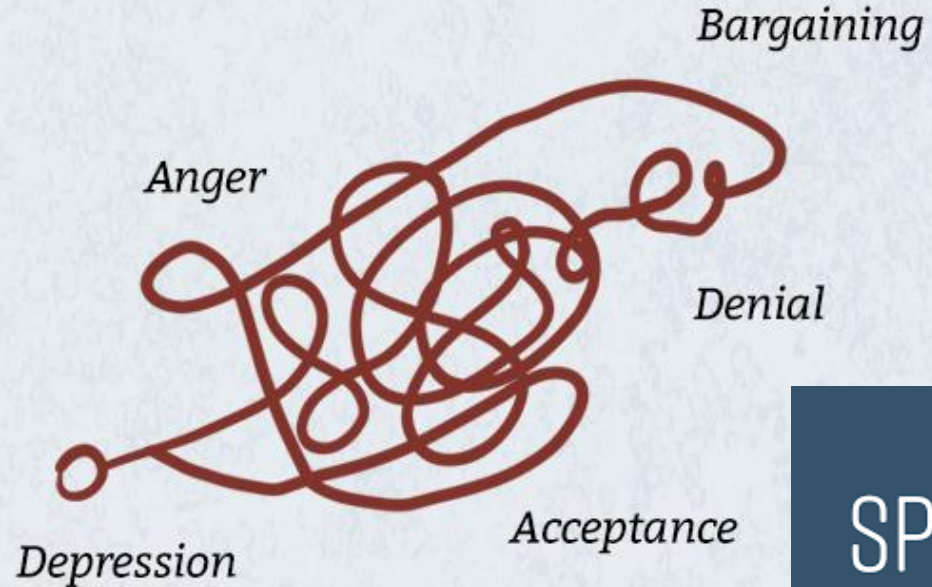


Stages of Grief

The experience you expected:



The experience you got:



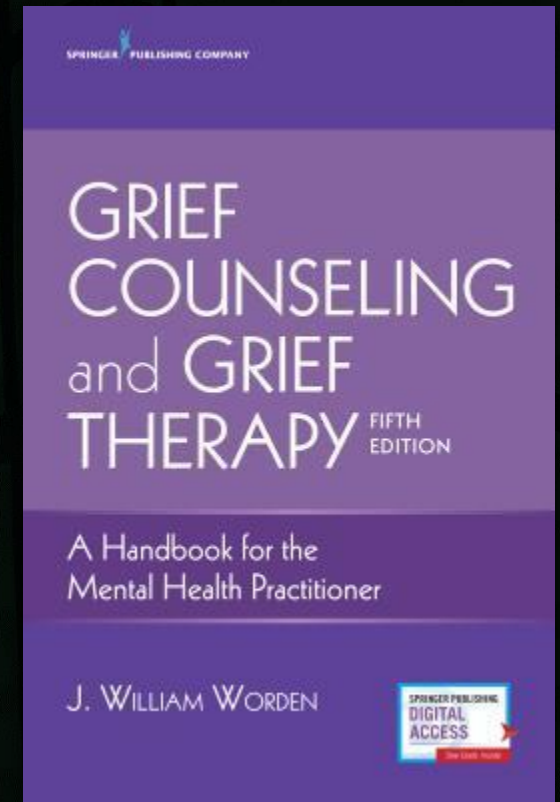
Note: There are no fixed stages!

SPEAKING
GRIEF



Four Tasks of Mourning

1. To Accept The Reality of the Loss
2. To Process The Pain of Grief
3. To Adjust to a World Without The Deceased
4. To Find An Enduring Connection With the Deceased In The Midst of Embarking On A New Life



Worden (2008)



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Why Be Like Bamboo?

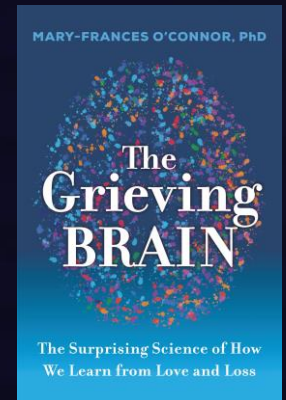
- ❖ Rapid growth
- ❖ Strength and flexibility
- ❖ Extensive root system
- ❖ Environmental sustainability
- ❖ Versatility and adaptability
- ❖ Hollow structure
- ❖ Self-regeneration



“Grief is a heart-wrenchingly painful problem for the brain to solve, and grieving necessitates learning to live in the world with the absence of someone you love deeply, who is ingrained in your understanding of the world.”

Mary-Frances O’Connor

The Grieving Brain: The Surprising Science of How We Learn From Love and Loss



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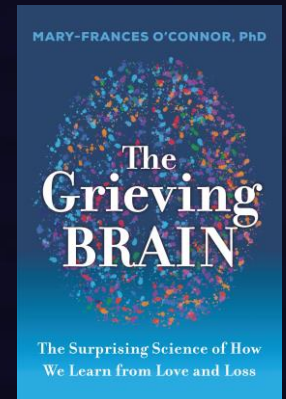
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“Adopting the mindset that grieving is a form of learning, and that we are always learning, may make the winding path of grief more familiar and hopeful.”

Mary-Frances O’Connor

The Grieving Brain: The Surprising Science of How We Learn From Love and Loss



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Step 1 Roots: Your Resources

- ❖ Coping Skills: Personal Resources & Tools
- ❖ Self-Care Practices: Nourishing the Self
- ❖ Community: Strength in Connection
- ❖ Family & Friends: The Closest Support Network
- ❖ Religious Organizations: Spiritual Anchoring
- ❖ Professionals: Expert Guidance and Therapy
- ❖ Books, Movies, Music: Healing through Art and Story



Internal Resourcing for Safety & Comfort

- ❖ Butterfly Hug
- ❖ Secure Container
- ❖ Safe/Calm/Healing Place
- ❖ Nurturing Guides
- ❖ Protective Guides
- ❖ Coherent Breathing
- ❖ Grounding Objects
- ❖ Focusing Meditation



Step 2 Stalk: Your Activities



- ❖ Physical Self-Care: Body Nourishment & Movement
- ❖ Emotional Self-Care: Processing & Expressing Feelings
- ❖ Social Self-Care: Connecting with Others
- ❖ Spiritual Self-Care: Finding Meaning & Purpose
- ❖ Intellectual Self-Care: Engaging the Mind



Lean into Self-Compassion

- ❖ Mindfulness: Balanced Awareness of Emotions
- ❖ Self-Kindness: Treating Yourself with Care
- ❖ Common Humanity: Shared Experiences of Suffering



Neff (2011)



Step 3 Leaves: Integrating Resilience



- ❖ Use your calendar
- ❖ Start where you are
- ❖ Take small steps
- ❖ Frequency over duration
- ❖ Track your experience
- ❖ Schedule regular check-ins
- ❖ Modify instead of cancel
- ❖ Honor your precious story



Evaluating Wellbeing

- ❖ Listen to your body
- ❖ Observe your behaviors
- ❖ Check-in with support
- ❖ Review your journal
- ❖ Be patient and kind to yourself



BE LIKE BAMBOO MIND MAP



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Posttraumatic Growth: Evaluating Your Wellbeing

- ❖ Increased Appreciation of Personal Strength
- ❖ Sense of New Opportunities & Possibilities
- ❖ Deepened Sense of Connection & Compassion
- ❖ Appreciation of Life in General
- ❖ Spiritual or Religious Growth or Change

Calhoun & Tedeschi (2014)



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May you know peace.

Awaken Grief Support Program
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