

CENTER *Connections*



The Center *for*
Loss and Bereavement

~~Plan A~~
~~Plan B~~
Plan C

As we look ahead in 2021, we are constantly working on ways to continually support our community and plan for the future. We are always adapting and adjusting to the changing environment and appreciate all of those who participate in this journey with us. Thank you to our staff, clients, volunteers, and donors for all of your efforts. We make a great team!

Please read below and learn about the programs we are planning in the upcoming weeks.

Please also be on the lookout for our Spring newsletter in the mail next month.

Mark Your Calendars



Centered Conversations

Education offered for public wellness at
NO charge, donations appreciated!

Continuing Bonds

Wednesday, March 17, 2021
1:00-2:00p.m.

Resiliency & Growth

Thursday May 20, 2021
1:00-2:00p.m.

CENTERED
CONVERSATIONS
DETAILS

Professional Roundtable Training
2 CEU's available for each training!

***Empathy for the Empaths:
Applying Grief Principles from the Professional's
Perspective***

February 25, 2021
12:00-2:00 p.m.

***Resilience Rebirth & Resourcefulness:
Meaning Making in the Face of Adversity***

April 22, 2021
12:00-2:00 p.m.

TRAINING
DETAILS

Grief Brief

Grief Brief on Self-Care



by Claire Drexler

As we dive headfirst into 2021, it is obvious that the challenges of 2020 will continue into this new year and the foreseeable future. How are we going to continue to cope with this never-ending cycle of situations that we cannot control? The stress of the pandemic, social unrest and financial insecurity are prominent. Those trying to find their way after the death of a loved one are faced with even more stress. Anxiety is an everyday feeling for most of us right now. In response, the term “self-care” is everywhere. Most of us know that we need to place a priority on self-care to manage the multitude of stressors that have and will continue to bombard us. But how do we do that? Self-care isn’t selfish...it is critical. Access or development of the coping mechanisms for grieving people that are part of self-care is complicated by the global pandemic.

So, how do you define self-care and access it when opportunities are slim? We know that grief is all-encompassing and experienced emotionally, cognitively, socially, spiritually, and physically. Using this framework may be helpful to begin a self-care plan. First, consider when you feel best during the day. When do you have the most energy and focus? Then consider who gets those hours. Distracted by the “to do” list, we may be giving our best hours to things that don’t necessarily renew and refresh us. Looking at each of these 5 areas and finding one thing that supports that part of grief will be a great start to a self-care plan. The following are some ideas to get you started and are all possible during the pandemic based on 5 components of

grieving.

- **Emotional-** Focus on feelings. Try journaling. Let yourself lean on others. Notice if you are hiding your true feelings (hard for griever). Share feelings about emotional isolation and worry about the future.
- **Cognitive-** Focus on what you can control. Use positive intention to organize your day. Actively find a positive affirmation and establish a routine. Limit exposure to the news cycle.
- **Social-** Maintain friendships, actively reach out to people who you know understand. Acknowledge that people often don't know what to do to help grievers and be determined to ask for what you need. Try not to expect friends and relatives to know what you need, they don't.
- **Spiritual-** Be in touch with core values. Help someone and use your skills and talents. Make time for creativity.
- **Physical-** Exercise, get outdoors if you can. Exercise stimulates the "feel good" chemicals that calm us. Sleep, avoid distressing (toxic) people and turn off screens, eat well, limit alcohol.

Mindful meditation is a wonderful practice that will help decrease stress, minimize reactivity and give our bodies, minds and spirits a chance to rest and restart. Just a few minutes a day can do wonders to settle our "monkey mind" and take a break from the stress that bombards us from outside and within.

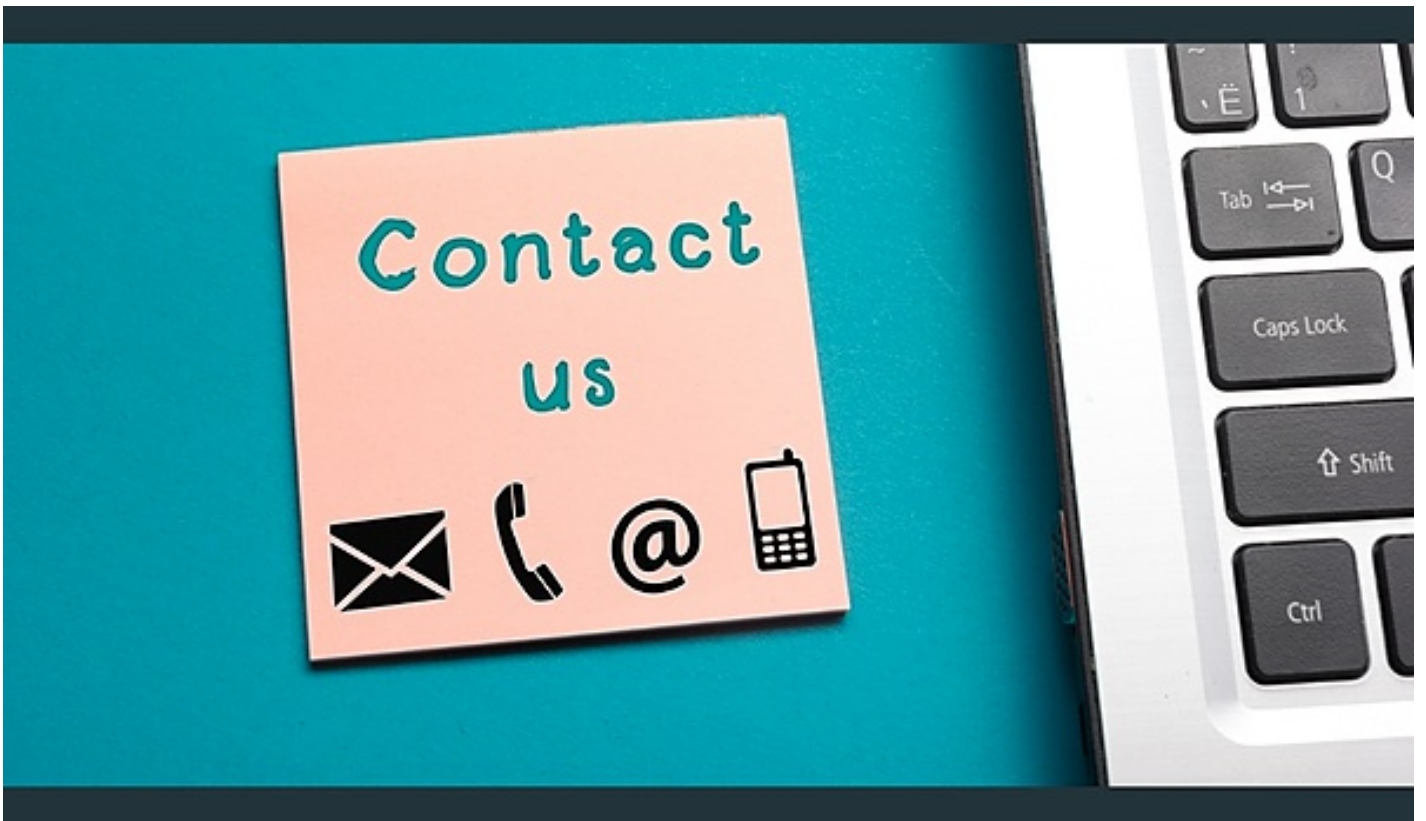
Need help learning how to meditate mindfully? Try one or two of the many Apps available to download to an electronic device. Some suggestions are:

- ***Calm***
- ***Headspace***
- ***10% Happier***
- ***Simple Habit***

Book Recommendation:

The Joy of Movement: How Exercise Helps Us Find Hope, Connection & Courage (Kelly McGonigal)

Clinical and Group Programs Update



As we change our calendars from 2020 to 2021, our counseling and support group programming continues to provide comfort and peace to those grieving throughout the community. We welcome interested individuals, couples, and families to reach out to the Center through email, phone or our website to connect with [Kim Burian](#), our Intake Coordinator. She will offer information and guidance as to what program –

Counseling, Nello's Corner, Specialized Support Groups - could be beneficial at this time. We hope to hear from you soon!

REQUEST
INFORMATION

Spotlight

Meet our Intern
Ilyssa Sternberg!



Ilyssa is currently a graduate student at Immaculata University in the Clinical Mental Health Counseling program, where her fundamental focus of learning has been grief and bereavement. In addition to her academic studies, for the last 7 years, Ilyssa has volunteered at a local children's bereavement camp. Through this dedicated engagement with youth similar to our Camp Millie experience, Ilyssa has fostered her compassionate understanding for working with grieving children and families.

Ilyssa will serve as our Student intern for the next year, supporting the facilitation of peer groups in the Nello's Corner program and working with counseling participants, under the close guidance of our specialized therapists and clinical supervisor. We are thrilled to have Ilyssa join us for this extended course of study and experiential practice, and trust that she will greatly benefit the grief experience of any client fortunate enough to work with her. Ilyssa is now accepting counseling clients at a discounted rate!

To schedule with Ilyssa, please contact our intake coordinator,

Kim Burian, for more information at 610-222-4110 ext. 103 or by filling out an online request at [Request Information](#).

Community Connections



Thank you to all of our generous donors who contributed in 2020. You are forever connected to the lives of those who are touched by the Center's light. Your support enables us to continue offering services and programs to those who are grieving. We are grateful to be able to do this work and are appreciative of your help!

www.bereavementcenter.org/donors-current

DONATE

REQUEST INFORMATION



www.bereavementcenter.org
3847 Skippack Pike - Unit PO Box 1299,
Skippack, Pennsylvania, United States, 19474

610-222-4110
emv@bereavementcenter.org

You can **unsubscribe from this list.**

Copyright © 2020 The Center for Loss and Bereavement, All rights reserved.