

Moving Forward with Grief: A Lifelong Journey

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What is Grief?

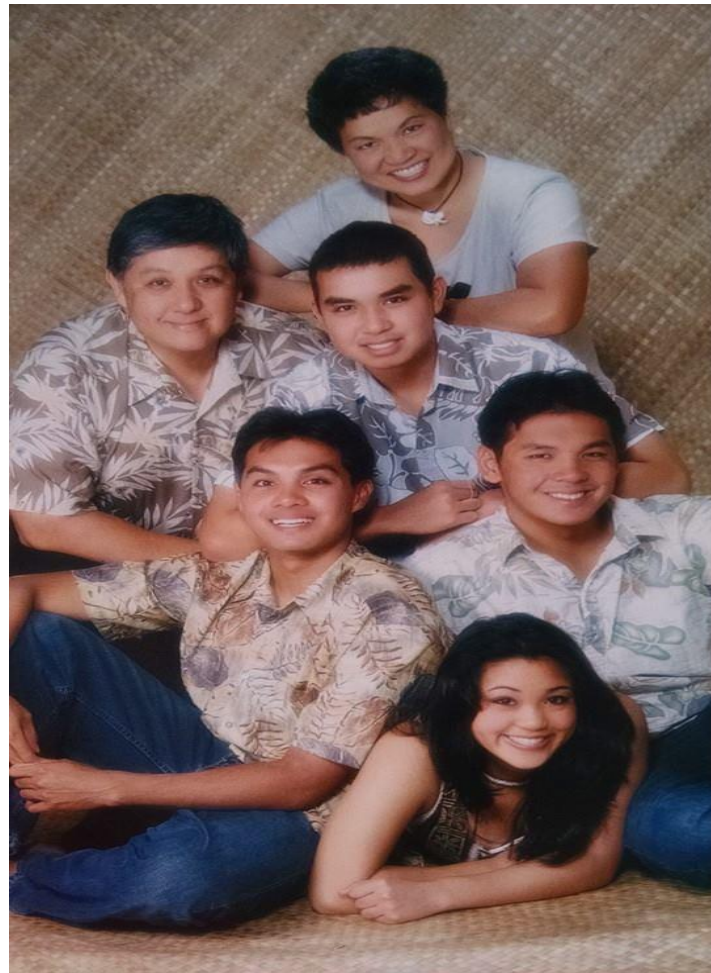
- ▶ Grief is a natural response to loss. It is the emotional suffering you feel when someone, a pet, or something you love and cherish is taken away.
- ▶ The pain of loss can feel overwhelming with many unexpected emotions from shock, anger, guilt, denial and profound sadness.
- ▶ Grief can also disrupt our physical health, making it difficult to sleep, eat or even think straight.
- ▶ The more significant the loss, the more intense your grief will be.

GRIEF: The Counterpart of Love

- ▶ The four Tasks of Mourning (J.W. Worden): Accept the reality of the loss, work through the pain of grief, adjust to life without your loved one and maintain a connection to the deceased while moving forward with your own life.
- ▶ The Five Stages of Grief (Elisabeth Kubler-Ross) : Denial, Anger, Bargaining, Depression and Acceptance
- ▶ Grief can be a roller coaster, full of ups and downs. The difficult periods, for most people, generally become less intense and shorter as time goes by.
- ▶ Few things are as painful as losing someone you love. Life may never be quite the same, but in time, the sorrow will ease, and eventually you can come to terms with your loss and start to look to the future.

Celebrating the Life of Dr. Stephen Wee

11/16/1953- 06/11/2023



Symptoms of Grief

Emotional symptoms of Grief:

- ▶ Shock and disbelief
- ▶ Sadness
- ▶ Guilt
- ▶ Fear
- ▶ Anger

Physical symptoms of Grief:

- ▶ Fatigue
- ▶ Weight loss or weight gain
- ▶ Aches and pains
- ▶ Insomnia
- ▶ Lowered Immunity

Some Points to Remember About Grief:

- ▶ Grief is normal - it is part of what it is to be human and to have feelings.
- ▶ It is a lifelong journey - often very difficult at first but gets easier.
- ▶ Grief is patient and takes time - often much longer than you or others around you expect.
- ▶ It is normal both to grieve and live- it is alright to find yourself not thinking constantly about the person who had died.
- ▶ Accept that many people feel awkward when trying to comfort someone who is grieving.
- ▶ Don't expect too much of yourself and don't be afraid to reach out to ask for help.
- ▶ Join a support group - Grief can feel very lonely but sharing your sorrow with others who have experienced similar losses, can help immensely.

THE IMMENSE VALUE OF BEREAVEMENT SUPPORT GROUPS:

- ▶ 1. This allows you to have a safe environment to share your experiences and learn about grief with others who have also experienced painful losses.
- ▶ 2. In actuality, the true support are not the trained facilitators, but rather the support of others experiencing loss and grief.
- ▶ 3. As one progresses in their journey, you soon become a “wounded warrior” who can then continue to heal further by walking beside others experiencing new losses.
- ▶ 4. Grief support is not a therapy session. If you feel that your grief journey is off track or shutting down, contact your primary care physician.

MYTHS ABOUT GRIEVING

- ▶ MYTH 1: The pain will go away if you ignore it...Ignoring the pain will only make it worse in the long run.
- ▶ MYTH 2: It is important to be “strong” in the face of loss...Take every opportunity to cry as crying does not mean you are weak, but instead showing your true feelings is part of the healing process.
- ▶ MYTH 3: If you don’t cry, it means that you are not sorry about the loss... Those who don’t cry may feel the pain just as deeply as others, and instead show it in other ways.
- ▶ MYTH 4: Grieving should last about one year...There is no timeline for grieving ; how long this process takes varies from person to person.
- ▶ MYTH 5: Moving on with your life means forgetting about your loss...Moving forward is not the same as forgetting about your loss. Grief is the process of moving forward through life with the rich memories of your loved ones and allowing these to help define the people we are.

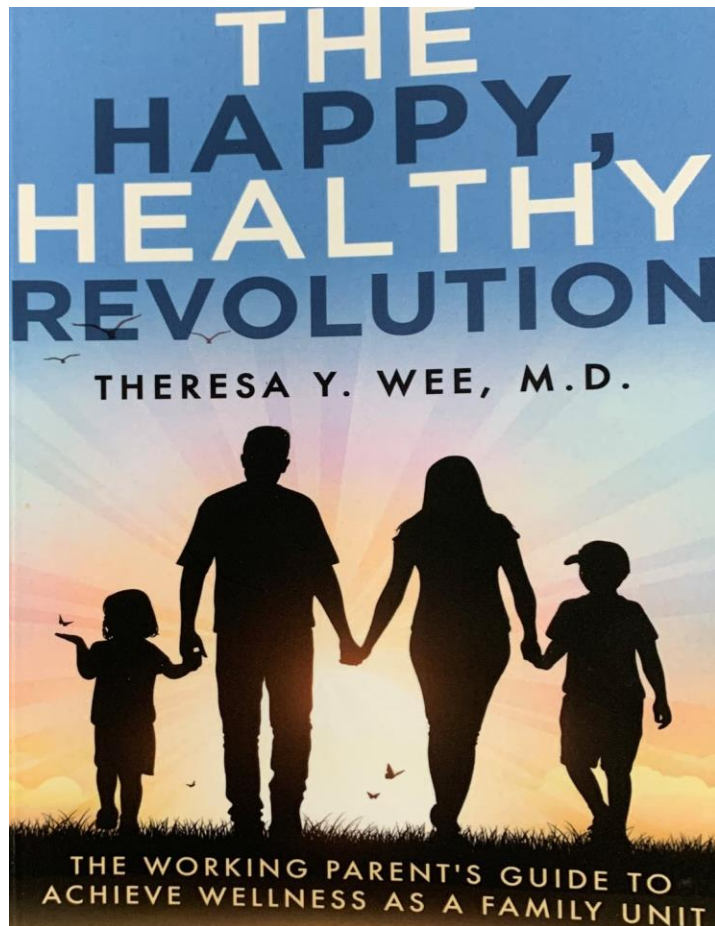
SUPPORTING CHILDREN WHO ARE GRIEVING:

- ▶ 1. Children and teens express their feelings of grief differently from adults, depending on their development and age. It is ok to express your feelings to them, as this can help them express their own feelings.
- ▶ 2. They may seem unaffected but know that they are processing their feelings through age-appropriate play and conversations.
- ▶ 3. Use simple, clear and direct words to talk about death. Listen and ask them what they are thinking or feeling.
- ▶ 4. Children are naturally curious , so be prepared for questions. Be clear and honest with your responses.
- ▶ 5. Tell children what to expect and explain what events will happen. Allow them to join in the rituals, if they feel up to it.
- ▶ 6. Continue to remain open and willing to talk about their various experiences of dealing with loss and grief in the future.

Ways to Cope with the Grieving Process

- ▶ Acknowledge your pain. Your grieving process will be unique to you.
- ▶ Do it your way as there is no right or wrong way to grieve. Do what feels right for you.
- ▶ Support yourself emotionally by taking care of yourself physically.
- ▶ Take one day at a time...It may be hard to imagine, but time can and will lessen the severe pain of loss.
- ▶ We never “get over” grief, but rather we learn to live with it and integrate it into our lives.
- ▶ Healing is not returning to the old normal, but rather creating and embracing a new normal.

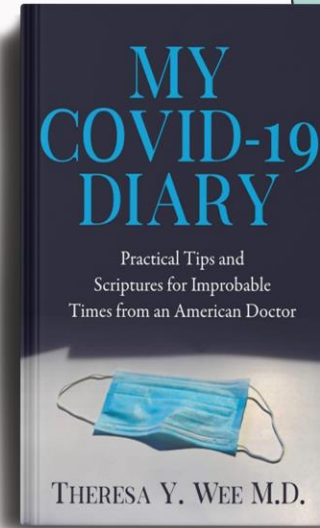
MY JOURNEY AS AN AUTHOR CONTINUES...



www.weewellnesscenter.com

During the COVID-19 shutdowns, **Dr. Theresa Y. Wee** began to connect through social media with daily blogs that give practical advice on getting through tough times. She also shares how God sustained her throughout her life, even after the death of her husband.

In **My COVID-19 Diary**, Dr. Wee shows you ways to keep moving forward, persevering, and even thriving with God by your side.



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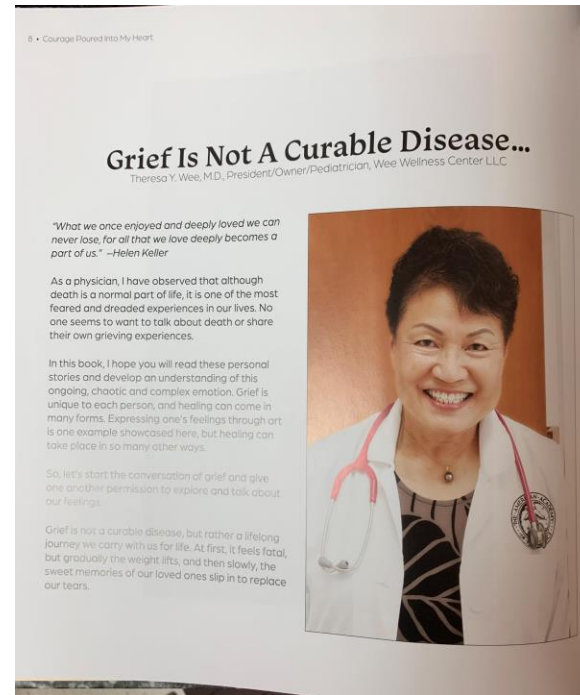
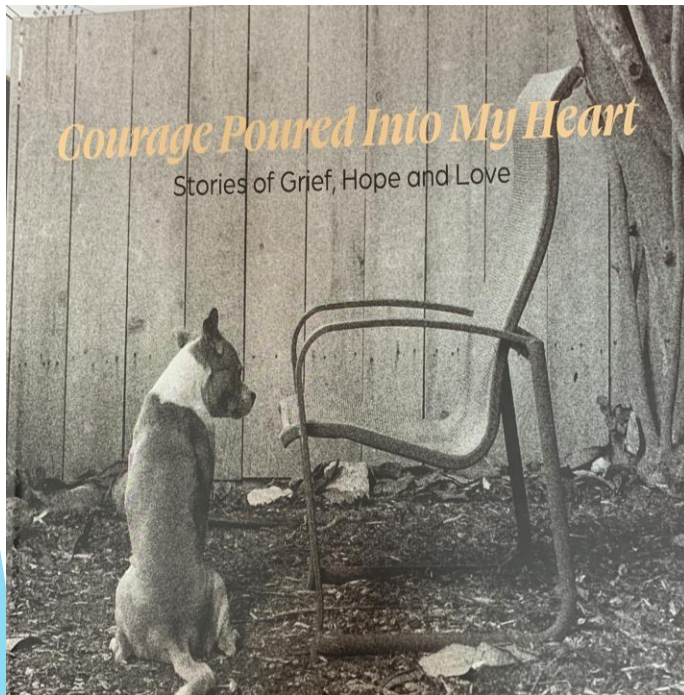
Dr. Theresa Y. Wee is a practicing pediatrician, wellness expert, and mother of four. She has devoted her life to helping others by sharing her expertise as a healthcare professional and her trials as a human being. She lives with her husband, Martin Arinaga, in Oahu, Hawaii.

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SCAN ME

“You will heal & you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same nor would you want to be.”- Elisabeth Kubler-Ross



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Dance with a Doc

Craft with a Doc

Cook with a Doc

Hike with a Doc



THE ADVENTURES CONTINUE...



**“WHAT WE ONCE ENJOYED AND LOVED
WE CAN NEVER LOSE, FOR ALL THAT
WE LOVE DEEPLY *BECOMES A PART OF
US.*” – *HELEN KELLER***



MY FINAL THOUGHTS AND CALL TO ACTION:

- ▶ The finality of the death of a loved one is unbearable.
- ▶ Fact: We will all die, and we will all lose loved ones.
- ▶ Grief is very patient and if we don't confront it, it could eventually cause us further problems. It is vital to honor the fact that we are feeling this loss.
- ▶ Understanding death has become a motivational event in my life in understanding that my time here on Earth is limited.
- ▶ For myself, I choose to get up every day, grateful to be alive. I have no idea what the new day will bring, but I know it will undoubtedly be an exciting adventure.
- ▶ As I ponder my own death, I've learned to shake off fear and live a life of no regrets.
- ▶ **CALL TO ACTION:** Pause for a moment to consider your own mortality and start having more conversations with your loved ones, patients, and colleagues about death, dying and the grief journey.

MAHALO

Contact me at Wee Wellness Center (808-677-9988) or check out my “Walk with a Doc Oahu” Facebook Page



































































































































































































































































































































































































































































































































































































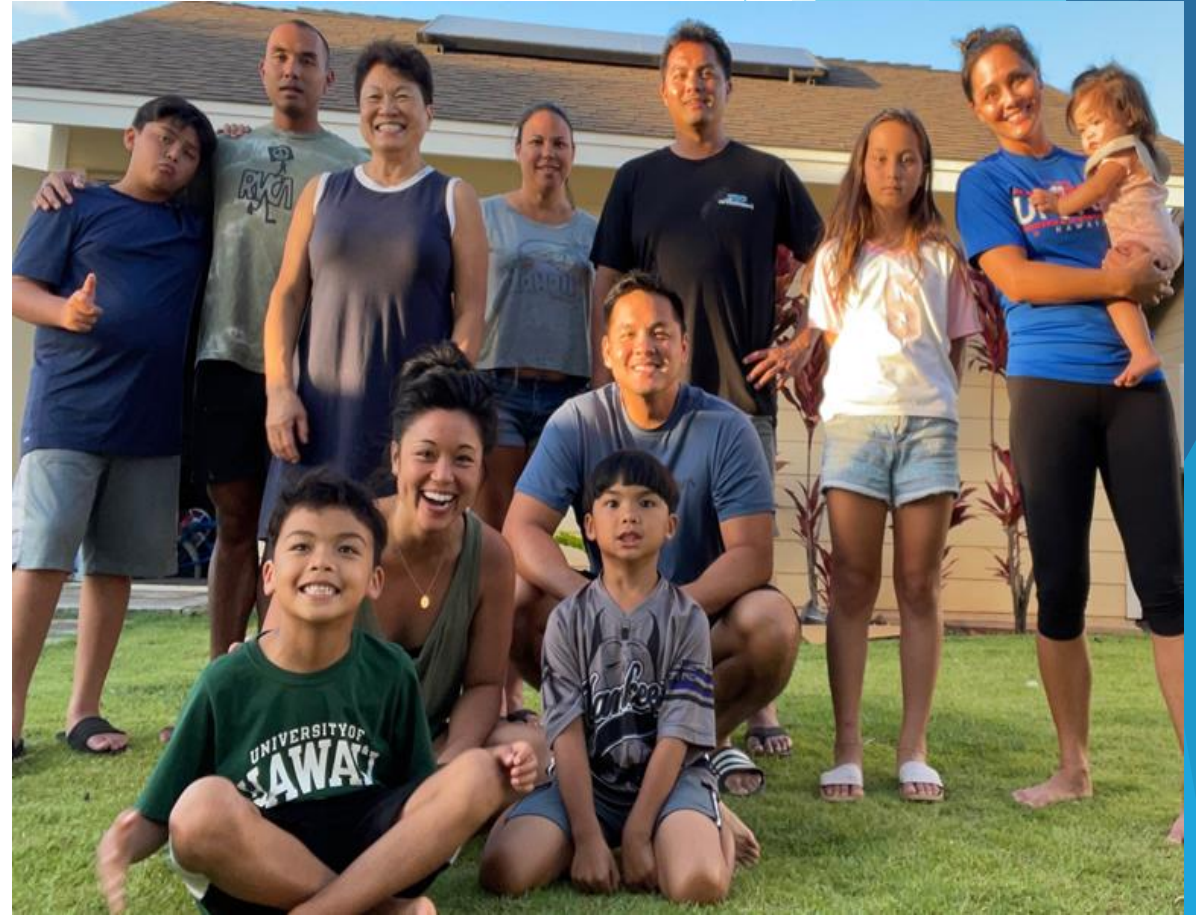


CELEBRATING THE LIFE OF DR. STEPHEN L. WEE:

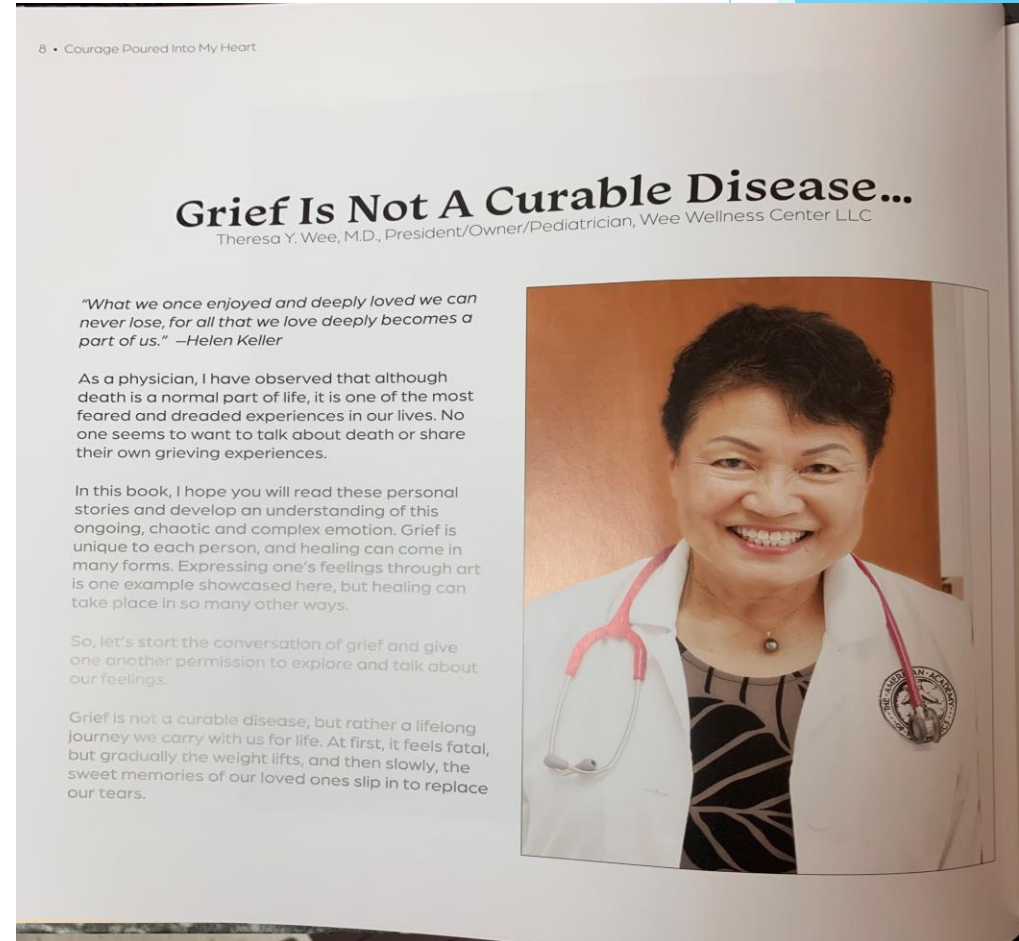
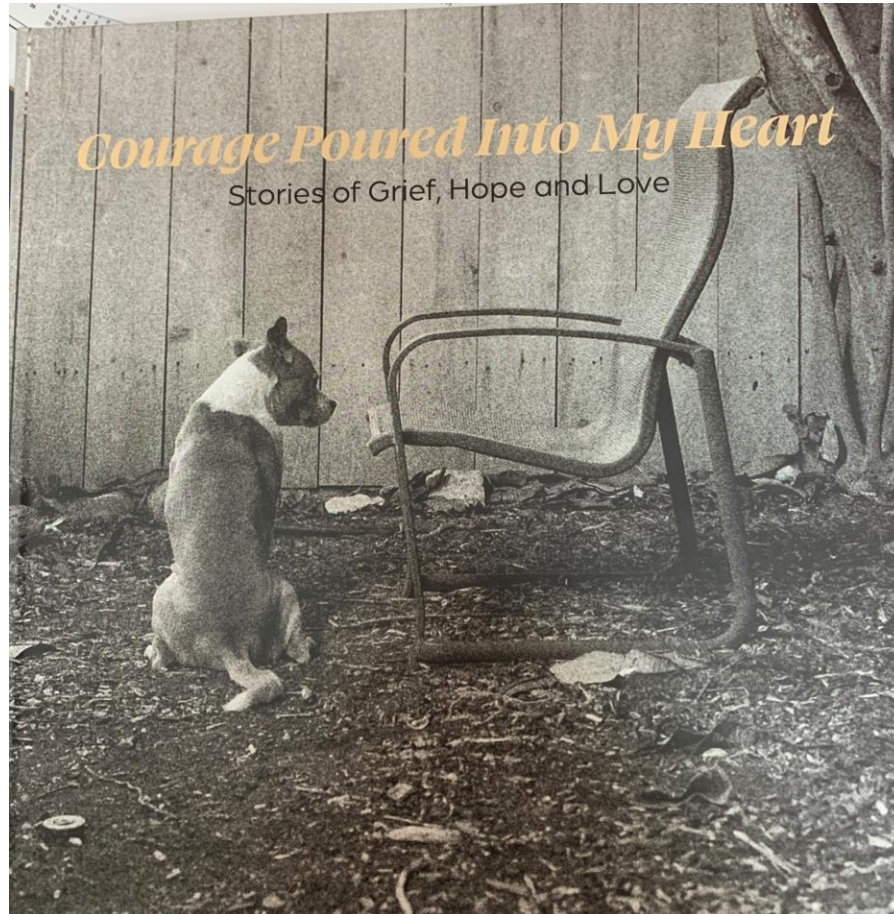
11/16/1953 - 06/11/2010



“What we once enjoyed and loved we can never lose,
for all that we love deeply becomes a part of us.” – Helen
Keller



“You will heal & you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same nor would you want to be.”- Elisabeth Kubler-Ross, author



Bible Verses about Grief

▶ **Matthew 5:4** - blessed are they that mourn: for they shall be comforted.

▶ **Ecclesiastes 3: 1-14**- There is a time for everything,
and a season for every activity under the heavens:

▶ 2 a time to be born and a time to die,
a time to plant and a time to uproot,
3 a time to kill and a time to heal,
a time to tear down and a time to build,
4 a time to weep and a time to laugh,
a time to mourn and a time to dance,
5 a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
6 a time to search and a time to give up,
a time to keep and a time to throw away,
7 a time to tear and a time to mend,
a time to be silent and a time to speak,
8 a time to love and a time to hate,
a time for war and a time for peace.

⁹What do workers gain from their toil? ¹⁰I have seen the burden God has laid on the human race. ¹¹He has made everything beautiful in its time. He has also set eternity in the human heart; yet^l no one can fathom what God has done from beginning to end. ¹²I know that there is nothing better for people than to be happy and to do good while they live. ¹³That each of them may eat and drink and find satisfaction in all their toil—this is the gift of God. ¹⁴I know that everything God does will endure forever; nothing can be added to it, and nothing taken from it. God does it so that people will fear him.

▶ **Philippians 4:6** - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God