HEALING THROUGH LOSS

A GUIDE TO GRIEF & WELLNESS



GRIEF IS A PATH, NOT A DESTINATION
WALK IT WITH SUPPORT, TRADITION, AND LOVE

YOUTH AND FAMILY GUIDANCE CENTER | KLAMATH TRIBAL HEALTH

DIC'II YAWQS
KLAMATH TRIBAL HEALTH·PREVENTION

UNDERSTANDING GRIEF AND LOSS

INTRODUCTION GRIEF AND LOSS

What is Grief?

Grief is a natural emotional response to loss. It can arise from the loss of a loved one, a relationship, a job, or even a way of life. It is deeply personal and can affect individuals in many ways—emotionally, physically, and spiritually. There is no "right" way to grieve, and the process looks different for everyone.



THE GRIEVING PROCESS MAY INCLUDE THESE FIVE STAGES:

- DENIAL: NUMBNESS OR DISBELIEF ABOUT THE LOSS.
- ANGER: FRUSTRATION TOWARDS THE SITUATION OR ONESELF.
- DEPRESSION: DEEP SADNESS AND REFLECTION ON THE LOSS'S IMPACT.
- BARGAINING: SEEKING MEANING OR WAYS TO UNDO THE LOSS.
- ACCEPTANCE: MOVING FORWARD WHILE HONORING THE LOSS.

THESE STAGES MAY NOT OCCUR IN A LINEAR ORDER, AND HEALING IS A PERSONAL JOURNEY THAT TAKES TIME.

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Different Types of Grief

- **Anticipatory Grief**: Mourning that takes place before an actual loss, commonly seen in situations involving terminal illness.
- **Complicated Grief**: Grief that persists for an extended period and greatly interferes with everyday life.
- **Disenfranchised Grief:** When a loss is not recognized socially, such as the death of a pet or a miscarriage.
- **Collective Grief:** A shared mourning experience within a community or group, like the loss of a respected elder.
- **Cultural Grief:** The sorrow felt for traditional practices, land, and identity that have been impacted by historical trauma.



How Indian Country Honors the Grieving Process

HOW NATIVE CULTURES HONOR THE GRIEVING PROCESS

In Indian country, grief is often viewed as a sacred journey that is deeply connected to familial ties, ancestral heritage, and the land itself. This viewpoint highlights the importance of collective mourning, with the community playing an essential role in the healing process.

In times of loss, families may participate in various rituals and ceremonies that reflect their unique upbringing and honor the deceased, facilitating a shared expression of sorrow. These gatherings act as a platform for storytelling, allowing individuals to share memories and experiences, which strengthens the bonds between the living and those who have passed. Each family has different views and beliefs.

These traditions not only offer comfort and support but also foster a sense of belonging and connection within the community. By collectively navigating the grieving process, Indian communities cultivate an environment where emotions can be freely expressed and processed, transforming grief into a profound expression of love and remembrance.



THE ROLE OF ELDERS AND COMMUNITY SUPPORT

Tribal Elders play a crucial role in helping individuals navigate grief. They provide wisdom, encouragement, and traditional knowledge to guide others through loss. Community support is also essential—grief is not meant to be experienced alone. Indigenous teachings emphasize the importance of leaning on family, friends, and tribal leaders during difficult times.





MODERN COPING STRATIGIES

REMEMBER THAT IT'S PERFECTLY ACCEPTABLE TO HONOR YOUR TRADITIONAL PRACTICES WHILE ALSO EMBRACING MODERN COPING STRATEGIES. INCORPORATING THERAPY, SUPPORT GROUPS, AND SELF-CARE CAN ENRICH CULTURAL HEALING, LEADING TO A MORE HOLISTIC APPROACH TO EMOTIONAL WELL-BEING.

JOURNALING AND CREATIVE EXPRESSION

WRITING ABOUT YOUR EMOTIONS, CREATING ART, OR EXPRESSING YOURSELF THROUGH MUSIC CAN HELP PROCESS GRIEF. THESE CREATIVE OUTLETS PROVIDE A SAFE SPACE TO HONOR MEMORIES AND WORK THROUGH FEELINGS IN A PERSONAL AND MEANINGFUL WAY.





SEEKING THERAPY AND COUNSELING WHEN NEEDED

SOMETIMES, PROFESSIONAL SUPPORT IS NECESSARY TO NAVIGATE GRIEF. SPEAKING WITH A COUNSELOR, THERAPIST, OR COMMUNITY HEALER CAN OFFER GUIDANCE, VALIDATION, AND COPING TOOLS.

THERAPY DOES NOT MEAN FORGETTING; IT MEANS FINDING HEALTHY WAYS TO CARRY GRIEF WHILE CONTINUING TO LIVE.

Mindfulness and Grounding Techniques

ENGAGING IN MINDFULNESS CAN FOSTER A SENSE OF TRANQUILITY AND ENHANCE YOUR EMOTIONAL AWARENESS. TECHNIQUES FOR GROUNDING, SUCH AS DEEP BREATHING, STAYING PRESENT, AND CONNECTING WITH NATURE, CAN OFFER COMFORT DURING TIMES OF INTENSE GRIEF.



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The Importance of Talking About Grief with Loved Ones

~Grief can frequently seem like a solitary path, yet expressing your feelings to family, friends, or trusted community members can provide comfort and emotional support.

~Having open discussions helps break the silence that often surrounds loss and creates chances for shared healing. Here are some ideas for how to support one another during times of grief.

BE PATIENT—GRIEF TAKES TIME AND LOOKS DIFFERENT FOR EVERYONE.



LISTEN WITHOUT JUDGMENT AND OFFER A SAFE SPACE FOR THEM TO SHARE THEIR FEELINGS.



OFFER PRACTICAL HELP, SUCH AS COOKING A MEAL OR ASSISTING WITH DAILY TASKS.



ENCOURAGE PROFESSIONAL SUPPORT IF NEEDED AND REMIND THEM THEY ARE NOT ALONE.

YOUTH AND FAMILY GUIDANCE CENTER SUPPORT

THE YOUTH AND FAMILY GUIDANCE CENTER OFFERS VARIOUS GRIEF SUPPORT SERVICES, INCLUDING:

- **GRIEF SUPPORT THROUGH COMPASSIONATE GROUP SHARING**
- **CULTURAL INTEGRATION COMBINING TRADITIONS WITH COPING STRATEGIES**
- **INDIVIDUAL COUNSELING FOR PERSONALIZED SUPPORT**
- **GRIEF SUPPLIES AND RESOURCES**

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SELF-CARE DURING THE GREIVING PROCESS

Self-care during grief involves nurturing oneself physically, emotionally, and spiritually while dealing with loss. It includes recognizing emotions, meeting basic needs, and engaging in comforting activities. Prioritizing self-care helps build resilience for the healing process.

SETTING BOUNDARIES AND ALLOWING YOURSELF TIME TO HEAL

GRIEVING TAKES TIME, AND IT'S OKAY TO SET PERSONAL BOUNDARIES TO PROTECT YOUR ENERGY. ALLOW YOURSELF SPACE TO PROCESS EMOTIONS WITHOUT PRESSURE TO "MOVE ON" TOO QUICKLY. SEEK ACTIVITIES THAT BRING COMFORT AND TAKE THINGS ONE STEP AT A TIME.





CONNECTING WITH NATURE FOR HEALING

PENDING TIME OUTDOORS, SUCH AS WALKING OR SITTING BY WATER, CAN BE GROUNDING. MANY NATIVES SEE NATURE AS A SOURCE OF HEALING ENERGY, AND RECONNECTING WITH THE LAND CAN HELP FIND PEACE.







NUTRITION, REST, AND PHYSICAL WELL-BEING

CARING FOR YOUR BODY IS CRUCIAL FOR EMOTIONAL WELL-BEING. NUTRITIOUS FOODS, HYDRATION, AND ADEQUATE REST IMPROVE MENTAL CLARITY AND SUPPORT EMOTIONAL HEALTH, FOSTERING RESILIENCE TO NAVIGATE LIFE'S CHALLENGES AND ACHIEVE BALANCE.

How Children Process Loss Differently

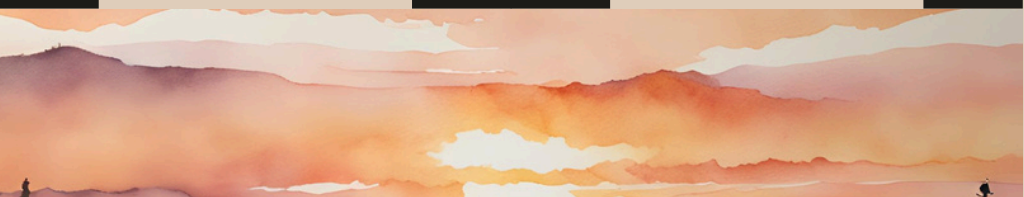
Children experience grief in unique ways depending on their age, development, and personal experiences. Unlike adults, children may not fully understand the permanence of loss and may express grief through behaviors rather than words. They might experience moments of sadness followed by play or distraction, which is a natural way for them to cope.

Talking to Children About Grief in an Age-Appropriate Way

- **Employ clear and straight forward language to discuss loss.**
- **Foster an environment for questions and be understanding of their need for clarification.**
- **Validate their emotions, reassuring them it's completely normal to feel sad, angry, or confused.**
- **Establish consistency and structure to create a sense of security.**
- **Provide comfort through storytelling or engaging in shared activities.**

Creating Comforting Routines and Safe Spaces

- **Develop daily routines to foster a sense of stability and security.**
- **Set up a dedicated space for reflection, such as a memory box or a small altar adorned with photos and mementos.**
- **Promote creative outlets like drawing, writing, or music as a means to help process emotions.**
- **Encourage open communication, allowing children to feel safe in sharing their feelings when they are ready.**



Honoring Those We've Lost

Honoring lost loved ones is important in Native country, where traditions enhance mourning through ceremonies like feasts, prayer gatherings, and storytelling. Personal rituals, such as visiting sacred sites and creating memorials, foster individual reflection and heritage connection. Acts of kindness, like volunteering, comfort the bereaved and celebrate the deceased, aiding in the healing process.



Writing Letters or Keeping Memory Journals

Writing letters to those who have passed or keeping a memory journal can be a powerful way to express emotions and preserve their legacy. Journaling allows individuals to document cherished memories, thoughts, and feelings as they navigate the healing process.

Many cultures celebrate lost loved ones through personal ceremonies or altars featuring meaningful items like photos and candles, promoting reflection and connection with their loved ones and ancestors.

Continuing Their Legacy Through Acts of Kindness

One of the most meaningful ways to honor someone's memory is by continuing their legacy through acts of kindness. This could be volunteering in their name, practicing their teachings, or contributing to the community in a way that reflects their values. Sharing their stories and lessons ensures that their spirit lives on in future generations.



Navigating Services During Periods of Grief

Seeking support during grief can be overwhelming. This booklet provides guidance, comfort, and practical tools to help navigate through loss. It highlights available resources, including community support, professional counseling, and personal healing methods. Remember, you are not alone, and healing is possible with time and support.

THE KLAMATH TRIBES WOULD LIKE TO REMIND YOU THAT WE ARE HERE TO ACCOMPANY YOU ON THIS JOURNEY, OFFERING SUPPORT IN EVERY ASPECT: PHYSICAL, MENTAL, AND SPIRITUAL.

REMEMBER, GRIEF IS A JOURNEY RATHER THAN A DESTINATION. APPROACH IT WITH THE GUIDANCE OF SUPPORT, TRADITION, AND LOVE.







MENTAL HEALTH RESOURCE LIST

KLAMATH TRIBAL HEALTH AND FAMILY SERVICES
YOUTH AND FAMILY GUIDANCE CENTER (YFGC)
6000 NEW WAY, KLAMATH FALLS, OR 97601

HOURS:
OPEN MONDAY TO FRIDAY, 8 AM TO 5 PM
PHONE: (541) 884-1841

WALK-IN SERVICES ARE AVAILABLE.

988 Suicide & Crisis Line
Phone: Call 988
Text: Text 988
Chat: Visit 988lifeline.org

KLAMATH BASIN BEHAVIORAL HEALTH
2210 N ELDORADO AVE, KLAMATH FALLS, OR 97601
(541) 883-1030
KBBH.ORG
OPEN MON-FRI · 7:30 AM - 5 PM
WALK-IN SERVICE AVAILABLE

CRISIS SERVICES AVAILABLE 24/7

2545 N ELDORADO AVE, KLAMATH FALLS, OR 97601
HOURS:

MONDAY, WEDNESDAY, THURSDAY: 8:30 AM - 5:30 PM
TUESDAY: 1:00 PM - 5:30 PM
FRIDAY: 8:30 AM - 4:00 PM
PHONE: (541) 883-3471

KLAMATH HOSPICE AND PALLIATIVE CARE
2751 WASHBURN WAY
KLAMATH FALLS, OR 97603
PHONE: 541-882-2902
TO SCHEDULE A 1:1 SUPPORT FOR GRIEF AND LOSS SUPPORT SESSION, PLEASE CALL 541-882-2902 OR MAKE A REQUEST ONLINE AT KLAMATHHOSPICE.ORG.

Klamath Tribes Resource List

BURIAL ASSISTANCE ($2,500 FOR KLAMATH TRIBAL MEMBERS CALL MEMBER BENEFITS DEPT.) – 541-783-2219

GRIEF & LOSS SERVICES (BEHAVIORAL HEALTH DEPT/YOUTH & FAMILY GUIDANCE) 541-884-1841

OBITUARY FLYER/PAMPHLET ASSISTANCE (FREE BY BEHAVIORAL HEALTH) – 541-884-1841

LOCATIONS TO HOLD MEMORIAL SERVICE (TRIBAL ADMINISTRATION) 541-783-2219
GOOS OLGI GOWA (CULTURE CENTER) * IRWIN WEISER BEATTY COMMUNITY CENTER *TRIBAL FITNESS CENTER/GYM

HUNTING PERMIT FOR SPECIAL CIRCUMSTANCES/PERMIT (NATURAL RESOURCES DEPT) 541-783-2219

CEMETERY LOCATIONS (CEMETERY COMMITTEES/TRIBAL GOVERNMENT) 541-783-2219
CHIEF SCHONCHIN *PAIUTE *JACKSON *MOGHENGASKIT/BROWN *WILSON *HILL *FRIENDSHIP

GRIEF & LOSS BASKET/SAGE/BLANKET/ (BEHAVIORAL HEALTH -YFGC DEPT) 541-884-1841

PUBLIC SAFETY/TRIBAL POLICE (TRIBAL ADMINISTRAION/GOVERNMENT) 541-783-2219

ELDER OFFICE CLOSURE FOR MEMORIAL SERVICE (CALLED BY TRIBAL GOVERNMENT) 541-783-2219

PUBLIC NOTICE DISTRIBUTION – (TRIBAL PUBLIC NEWS DEPT -ADMINISTRATION) 541-783-2219

GRIEF & LOSS SERVICES (BEHAVIORAL HEALTH DEPT/YOUTH & FAMILY GUIDANCE) 541-884-1841

VETERANS SERVICES CONTACT FOR LOCAL COUNTY OFFICE: 3328 VANDENBERG ROAD 541-883-4274

This information is provided to ensure you have the essential numbers and resources when you feel ready to connect with the tribe for assistance. We encourage you to take this step at your own pace. If you need further help or guidance, please feel free to reach out to any of the Klamath tribe's offices for support.

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Choose LIFE HAPPINESS HOPE
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THE KLAMATH TRIBES
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TRIBAL TOBACCO PREVENTION PROGRAM
Klamath Tribal Health & Family Services

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CULTURE IS PREVENTION