

STRESS Busters
Session 5
STRESS from **LOSS**
Part 1

Defining Loss

The idea of loss goes beyond the loss of a loved one in death.

Dealing with the stress caused by loss requires an understanding of how the grieving cycle functions.

Grief + Loss

Loss = Grief = Stress

Dr. Kübler-Ross

Five Stages of Grief

Dr. Kübler-Ross: Five Stages of Grief

1. Denial

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1. Denial

2. Anger

Dr. Kübler-Ross: Five Stages of Grief

1. Denial

2. Anger

3. Bargaining

Dr. Kübler-Ross: Five Stages of Grief

1. Denial
2. Anger
3. Bargaining
- 4. Depression**

Dr. Kübler-Ross: Five Stages of Grief

1. Denial

2. Anger

3. Bargaining

4. Depression

5. Acceptance

Grief – Stress Reduction

- **We are never “ready”**

Grief – Stress Reduction

- We are never “ready”
- **Grief is necessary**

Grief – Stress Reduction

- We are never “ready”
- Grief is necessary
- **There’s not always
an answer**

God doesn't provide the
answer,
but He always provides.

Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us.

- Romans 8:35-37

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

- Romans 8:38-39

Unbelievers

Death



Resigned

Bruised

Bitter

Frightened

Permanent Denial

**... but they don't come
through it hopeful.**

But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

- I Thessalonians 4:13-14

For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

- I Thessalonians 4:15-16

Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.

Wherefore comfort one another with these words.

- I Thessalonians 4:17-18

Grieving → **Over stress** / Ignorance
/ Immobile

The world's answer:

**Accept what you can't
change**

Jesus' answer:

**Go beyond acceptance to
hope of eternal life**

The resurrection is our
hope and promise from
God.

NEXT

Helping those who grieve

Part 2