

# UNPACK GRIEF

HOW YOU GET STUCK  
CARRYING YOUR PAIN



 Beth Notarius



Please RSVP to  
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## FREE TALK

OCTOBER 18, 2017  
11:00 AM - 12:15 PM

ST PAUL'S EPISCOPAL  
CHURCH (Basement)  
200 W St. Paul St  
Brighton, MI 48116

(Not a Faith Based Talk)

### REDEFINE GRIEF

- Death
- Divorce
- Pet Loss
- Financial
- Health
- Trauma
- Career
- Any Loss

### RETHINK MYTHS

Misinformation keeps  
you stuck in pain

### REFOCUS DESIRES

Problem focus keeps you  
from enjoying life fully

## We should have learned this as kids!

It's a fact of life - we all have losses from time to time and feel bad. It's normal and natural. So why do we get stuck? The reason lies in misunderstandings, myths, misinformation and **help that is anything but normal and natural.**

## Our good intentions can hurt more than help.

We've all been there. When someone is hurting, we try to make them feel better or help them get over it, but we don't know what to say or do. We rely on what we've always done - what we were taught by our parents and other authority figures - **who were taught by their parents...** Being stuck in grief is the result of those teachings.

## Come learn how to lighten the load of grief.

- ⇒ What grief really is
- ⇒ The Myths of handling grief that do more harm than good
- ⇒ What to Say and NOT Say
- ⇒ The best approach to help yourself and others—it's much easier than you think!

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