

Chapter 1 : RETIRE IN STYLE BLOG: Senior Independent Living stages of retirement "grief"!

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Life on the far side of retirement! Are there seven stages to recovery from the shock of retirement? Do we feel loss, pain, anger, depression and loneliness after which we turn upward, reconstruct our lives and then begin to live again? It very well could be. I do know that when I talk to newly retired people there seems to be a pattern of behavior that each person feels is uniquely theirs. The list below are the stages that I have observed. I remember saying that I was never getting up in the dark again. The euphoria of knowing my retirement benefits would support us for the rest of our lives and we need not fear unemployment left me walking on air. I think most people that retire feel this same emotion. Even though they have never done any of these things before, it just sounds right to them. The idea of no responsibility is so appealing but we know we do not want to sit down to die. My husband and I have traveled around in the world since our retirement. It did not take us long to realize that the new was wearing off and money had to be taken into consideration. There was no escaping the fact that we were going to have to face a life spent in our home, day in and day out. Travel was not going to fill the void left when we quit working. Now that the senior has learned there is no escaping their life the uncertainty settles in. Should they move to a smaller house, maybe near the children? Or should they follow their dream and go to a foreign country or another part of the country to live? Could they find a way to own two homes so they can escape to warmer weather in the winter? All of the freedom leaves them with a nagging feeling that they could be doing better if only they moved This part of the retirees response to retirement is a bit like a dog biting his leg off. Spouses may turn on each other. Husband will move the furniture and tell the wife how to cook. Living near the children can cause tension between the spouses and between the parents and their children. Television station selection can even be a bone of contention. They will feel angry and frustrated. Boundaries will need to be set in order for everyone to live together in peace. Many spouses have led separate lives but occupied the same space. Other have spent a lot of time together during their leisure time. This part of their lives can be a huge adjustment. In the first group, the amount of time they are together is almost overwhelming. In the second case the expectation that retirement will provide more together time can be a problem. The spouse left behind can be resentful. In my opinion some counseling may be necessary. Both men and women can have unrealistic expectations of their partners. Retirement really does change our married life in every way. Couple usually arrive at an unspoken agreement and their life goes on. We eventually spread the work of life out between us. My husband took over the household finances and began cooking more. When he cooks, I clean up. I suppose that in the end we just learned to work out what needed to be done. It is so automatic now I never think about it. After months or even years most retirees have worked it all out. A routine is established and their life can be a very happy one. The day you realize that you would not have time to work even if you wanted is the best day of all. You have managed to fill your life with "life"! One show that I watch occasionally is call " What Next ". This show approaches people entering retirement with the same "how to live the rest of your life" counseling ideas that a high school senior or a college graduate gets. You might see if it is available in your area or check out the website for more information. With an extensive background in social work and 13 years of experience as Director of Resident Life at Charlestown, a 2, person Erickson Retirement Community, she is a professional problem solver. A wife and mother, viewers can easily relate to Sherry. Her sincere desire to help baby boomers transition gracefully into their freedom years is motivated by a tireless optimism and humanity that endears her to one and all. Retirement is not easy. It is much like a rebirth of sorts. But, on the other hand, it can be the best part of your life I am having more fun all the time. Hopefully, you can come into this part of your life prepared both financial and emotionally

After decades of punching a clock, most retirees look forward to having more time for interests and activities that had been squeezed into a few hours at night or on weekends. But not everyone.

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Senior Independent Living 7 stages of retirement "grief"! Are there seven stages to recovery from the shock of retirement? Do we feel loss, pain, anger, depression and loneliness after which we turn upward, reconstruct our lives and then begin to live again?

Grief and bereavement support groups offer many benefits to participants. Grief support groups come in a variety of shapes and sizes. Sometimes they are specific to a type of loss or tragedy. They can be less specific, as well. Sometimes sessions are led by a licensed therapist or counselor, or by a religious leader. Sometimes a trained volunteer leads the group. Regardless, the loss of a loved one is the shared experience that brings the group together. Here are five benefits of a grief support group:

- Provides Hope Grief is a journey, with detours and straightaways, starts and stops. While no two experiences are the same, there is a shared experience of loss. Gathering in a group allows people who are early in their journey to connect with those who are much further along. For those further along in their healing process, sharing such reassurance can provide important affirmation to themselves, and confirm that the group is a helpful resource for others. You are not alone. Perhaps the biggest benefit of a grief support group is the reminder that you are not alone.
- A Different Perspective As we mentioned above "and cannot reiterate enough" no two grieving journeys are the same. However, those who have experienced a similar loss may have valuable advice and suggestions, critical insights, or a different outlook to share. By listening and learning, you may come away with some useful perspectives to help you move along on your grief journey.
- Giving Back Giving back to others grounds people with a sense of purpose and meaning. This altruism can serve as a helpful tool in the healing process.
- A Sense of Belonging We, as humans, have an innate need to belong, to be part of a tribe or group. This survival instinct has served us well for thousands of years. Indeed, studies show that a sense of belonging can contribute to our overall happiness. Following a loss, you may feel alone or left out, and different than others because of your grief. Finding a group that understands and accepts you can be an important step in your healing. At Cypress Hospice, we want each of our patients and their loved ones to know that no matter what happens during an end of life situation, they are not alone and they have a hand to hold.

Chapter 4 : Grief - Wikipedia

Grief and Retirement. by Patti (Chicago) I lost a younger brother in February. I was so debilitated by my grief that I could no longer do my job.

Share Most major life-changing events, such as marriage or divorce, involve an ongoing process of emotional adjustment. Retirement is no exception. But while marriage, divorce and other family-related issues have been the focus of decades of research and analysis by both clinical therapists and religious institutions, the emotional and psychological frontier of retirement has remained virtually unexplored until recently. A few of the questions I ask to help clients explore their post-retirement identity are: How do you plan to spend your time? What are your hobbies? What activities will fill your days? Are people in your social circle already retired? These folks opted to postpone their retirement by months or years. The Final Frontier Retirees must face what is essentially the last transition in their lives. The first transition comes when we leave the security of home to begin our school life, leaving us the later afternoon and evening to ourselves. Another major transition comes when we join the working world; now we work all week but still have the weekend to ourselves. Then finally comes retirement, a time when careers are done " and we have the rest of our lives to themselves. Financial advisor Diane M. This routine probably began in kindergarten " plus years of the same thing. As you plan for retirement, think about what it looks like. Talk to your friends. Your financial plans and your day-to-day retirement plan should go hand in hand. This is your retirement identity. Planning Time During the working years, retirement can appear to be both an oncoming burden and a distant paradise. Many people face retirement like a running back on the football field who dodges or plows through one defender after another until reaching the end zone. Smiles, Handshakes, Farewells By far the shortest stage in the retirement process is the actual cessation of employment itself. This is often marked by some sort of dinner, party or other celebration and has become a rite of passage for many, especially for those with distinguished careers. In some respects, this event is comparable to the ceremony that marks the beginning of a marriage. Of course, honeymoons follow more than just weddings. Once the retirement celebrations are over, a period often follows when retirees get to do all the things that they wanted to do once they stopped working, such as travel, indulge in hobbies, visit relatives and so forth. This phase has no set time frame and will vary depending upon how much honeymoon activity the retiree has planned. So This Is It? This phase parallels the stage in marriage when the emotional high of the wedding has worn off and the couple now has to get down to the business of building a life together. After looking forward to this stage for so long, many retirees must deal with a feeling of letdown, similar to that of newlyweds once the honeymoon is over. It can be emotionally and financially harder than they ever expected. The fun plan includes things that they want to do, places that they want to visit and how much money is included in the budget for those things. Just as married couples eventually learn how to live together, retirees begin to familiarize themselves with the landscape of their new circumstances and navigate their lives accordingly. This is easily the most difficult stage in the emotional retirement process and takes both time and conscious effort to accomplish. Moving On Finally, a new daily schedule is created, new marital ground rules for time together versus time alone are established and a new identity has been at least partially created. Eventually, the new landscape becomes familiar territory, and retirees can enjoy this phase of their lives with a new sense of purpose. In time, the new norm will be your new reality. Dreams and goals that cannot be achieved with a single trip or project may translate into long-term, part-time employment or volunteer work. But it is never too soon to begin mapping out the course of the rest of your life. As with all emotional processes that can be broken down into separate phases, it is not necessary to completely achieve one phase before beginning another except, of course, for the actual cessation of employment. But virtually all retirees will experience some form of this process after they stop working. Their ability to navigate these uncharted waters will ultimately determine how they live the last phase of their lives. For a sense of how these phases might affect you financially, see " Three Stages of Retirement: A How to Guide to Plan for Them. Get a free 10 week email series that will teach you how to start investing. Delivered twice a week, straight to your inbox.

Chapter 5 : Listings in Parts, Retirement Planning and Grief | ShepherdsGuide

The more significant the loss, the more intense the grief. However, even subtle losses can lead to grief. For example, you might experience grief after moving away from home, graduating from college, changing jobs, selling your family home, or retiring from a career you loved.

Despair Guilt These feelings are common reactions to loss. Many people also report physical symptoms of acute grief – stomach pain, loss of appetite, intestinal upsets, sleep disturbances or loss of energy. Existing illnesses can worsen or new conditions may develop. Profound emotional reactions can include anxiety attacks, chronic fatigue, depression and thoughts of suicide. Mourning is the natural process through which a person accepts a major loss. Mourning may include military or religious traditions honoring the dead, or gathering with friends and family to share your loss. Mourning is personal and can last months or years. Grieving is the outward expression of your loss. Your grief is likely to be expressed both physically and psychologically. For example, crying is a physical expression, while depression is a psychological expression. Be aware that the death may necessitate major life adjustments, such as parenting alone, adjusting to single life or returning to work. These challenges may intensify any anxiety and grief you are already experiencing. Allow yourself to express these feelings. Living with Grief When a loved one dies, the best thing you can do is to allow yourself to grieve. There are many ways to cope effectively. Seek out caring people. Find relatives and friends who understand your feelings. Tell them how you feel; it will help you to work through the grieving process. Join a support group with others who have experienced similar losses. Support groups exist at most military installations. If you feel overwhelmed, ask for help. Talk with a trusted relative, friend, family services staffer, minister or rabbi. Military chaplains can be helpful, as most receive training in pastoral counseling and crisis. Take care of your health. See your family physician. Eat properly, exercise and get plenty of rest. Be aware of the danger of using medication or alcohol to deal with your grief. It takes effort and time to absorb a major loss, accept your changed life, and begin to live again in the present and not dwell on the past. If your feelings become too much to bear, seek professional assistance to help work through your grief. Helping Others Grieve If someone you care about has lost a loved one, you can help him or her through the grieving process. Encourage the person to talk about his or her feelings and to share memories of the deceased. Remember, it may take the person a long time to recover from the loss. Baby-sitting, cooking and running errands are ways to help someone who is grieving. Encourage professional help when needed. Helping Children Grieve Children grieve differently from adults. Limited understanding and an inability to express feelings put very young children at a special risk. They may revert to earlier behaviors such as bed-wetting, ask questions about the deceased that seem insensitive, invent games about dying or pretend that the death never happened. Instead, take extra time and talk honestly with children, in terms they can understand. Help them work through their feelings, and remember that they are looking to you for suitable behavior and coping skills. Tragedy Assistance Program for Survivors, Inc. Department of Veteran Affairs website contains information on and applications for compensation, health, burial, special programs, and other benefits. The following military family service-related websites include information and networking:

Chapter 6 : Retirement Grief â€“ Fear Not

Retirement Grief. Posted on April 19, April 19, Grief at Loss of Profession. at pm Thank you, Roger! As I prepare to retire this June, I am.

I was so debilitated by my grief that I could no longer do my job. My employer was very supportive but past a certain point the job had to be done and I still could not function. While I was still working I always thought that the day I retired would be the happiest day of my life. I was filled with anxiety and dreaded waking up in the morning because it meant trying to figure out how to fill up all the hours of the day. I never married, no children, live in an apartment so my life is pretty low maintenance. I constantly felt guilty and pressure to be doing something productive every minute. I could not instantly transition from working 10 hours a day to having nothing structured. I began obsessing over everything and worrying constantly about how on earth I was going to live feeling this way for 10 or 20 more years. I had never felt so lost or lonely in my life. The first month I laid in bed reading obsessively just to keep my mind occupied. Realizing this was not healthy I started forcing myself out of the house. I joined a fitness center and signed up for an arthritis water class. I arrange to have lunch or dinner at least once a week with a friend. I found a book club and a church. The doctor upped the dosage of one of my meds and I really believe that has helped a lot. After four months I am finally starting to feel a little better. My anxiety and obsessive worrying are at a minimum. I keep telling myself that it is OK to watch TV or read as long as I am also getting out, connecting with people, and exercising. My retired friends all thought I was crazy because they all loved being retired from the get-go. I thought there must be something really wrong with me. I told the doctor that I really missed the challenge of working, as I had a very complex job. And he said "you actually have a very interesting and challenging job right now, and that is re-inventing your life. That one sentence helped me turn the corner. I think I will be OK.

Chapter 7 : Journey Through The 6 Stages Of Retirement | Investopedia

Grief can be defined as a natural, and often painful response to a loss. It is commonly associated with the loss of a loved one or significant event like a divorce.

Despair Guilt These feelings are normal and common reactions to loss. You may not be prepared for the intensity and duration of your emotions or how swiftly your moods may change. You may even begin to doubt the stability of your mental health. But be assured that these feelings are healthy and appropriate and will help you come to terms with your loss. It takes time to fully absorb the impact of a major loss. You never stop missing your loved one, but the pain eases after time and allows you to go on with your life.

Mourning A Loved One It is not easy to cope after a loved one dies. You will mourn and grieve. Mourning is the natural process you go through to accept a major loss. Mourning may include religious traditions honoring the dead or gathering with friends and family to share your loss. Mourning is personal and may last months or years. Grieving is the outward expression of your loss. Your grief is likely to be expressed physically, emotionally, and psychologically. For instance, crying is a physical expression, while depression is a psychological expression. It is very important to allow yourself to express these feelings. Often, death is a subject that is avoided, ignored or denied. At first it may seem helpful to separate yourself from the pain, but you cannot avoid grieving forever. Someday those feelings will need to be resolved or they may cause physical or emotional illness. Many people report physical symptoms that accompany grief. Stomach pain, loss of appetite, intestinal upsets, sleep disturbances and loss of energy are all common symptoms of acute grief. Existing illnesses may worsen or new conditions may develop. Profound emotional reactions may occur. These reactions include anxiety attacks, chronic fatigue, depression and thoughts of suicide. An obsession with the deceased is also a common reaction to death.

Dealing with a Major Loss The death of a loved one is always difficult. Your reactions are influenced by the circumstances of a death, particularly when it is sudden or accidental. Your reactions are also influenced by your relationship with the person who died. Parents may also feel that they have lost a vital part of their own identity. The death may necessitate major social adjustments requiring the surviving spouse to parent alone, adjust to single life and maybe even return to work. At this time, feelings of loneliness may be compounded by the death of close friends. They may leave the survivors with a tremendous burden of guilt, anger and shame. Survivors may even feel responsible for the death. Seeking counseling during the first weeks after the suicide is particularly beneficial and advisable.

Living with Grief Coping with death is vital to your mental health. It is only natural to experience grief when a loved one dies. The best thing you can do is allow yourself to grieve. There are many ways to cope effectively with your pain. Seek out caring people. Find relatives and friends who can understand your feelings of loss. Join support groups with others who are experiencing similar losses. Tell others how you are feeling; it will help you to work through the grieving process. Take care of your health. Maintain regular contact with your family physician and be sure to eat well and get plenty of rest. Be aware of the danger of developing a dependence on medication or alcohol to deal with your grief. Accept that life is for the living. It takes effort to begin to live again in the present and not dwell on the past. Postpone major life changes. Try to hold off on making any major changes, such as moving, remarrying, changing jobs or having another child. You should give yourself time to adjust to your loss. It can take months or even years to absorb a major loss and accept your changed life. Seek outside help when necessary. If your grief seems like it is too much to bear, seek professional assistance to help work through your grief. Allow them to even encourage them to talk about their feelings of loss and share memories of the deceased. Baby-sitting, cooking and running errands are all ways to help someone who is in the midst of grieving. Remember that it can take a long time to recover from a major loss. Make yourself available to talk. Encourage professional help when necessary.

Helping Children Grieve Children who experience a major loss may grieve differently than adults. Limited understanding and an inability to express feelings puts very young children at a special disadvantage. Young children may revert to earlier behaviors such as bed-wetting, ask questions about the deceased that seem insensitive, invent games about dying or pretend that the death never happened. Instead, talk honestly with

children, in terms they can understand. Take extra time to talk with them about death and the person who has died. Help them work through their feelings and remember that they are looking to adults for suitable behavior. Looking to the Future Remember, with support, patience and effort, you will survive grief. Some day the pain will lessen, leaving you with cherished memories of your loved one.

Chapter 8 : Spouse Loss: Retirement Years Group Grief Counseling - Empath Health

But before retirement begins in full, it is important to allow any grief to come to the surface. If not, unrecognised grief and possible anger and so on, could get in the way of any new decisions. It is therefore important to take some time before any of these new decisions are made - so as to prevent them from being the wrong ones.

The stages model, which came about in the 1950s, is a theory based on observation of people who are dying, not people who experienced the death of a loved one. This model found limited empirical support in a study by Maciejewski et al. The research of George Bonanno, however, is acknowledged as debunking the five stages of grief because his large body of peer-reviewed studies show that the vast majority of people who have experienced a loss are resilient and that there are multiple trajectories following loss. Philadelphia Museum of Art Studies of fMRI scans of women from whom grief was elicited about the death of a mother or a sister in the past 5 years resulted in the conclusion that grief produced a local inflammation response as measured by salivary concentrations of pro-inflammatory cytokines. These responses were correlated with activation in the anterior cingulate cortex and orbitofrontal cortex. This activation also correlated with the free recall of grief-related word stimuli. This suggests that grief can cause stress, and that this reaction is linked to the emotional processing parts of the frontal lobe. Among those persons who have been bereaved within the previous three months of a given report, those who report many intrusive thoughts about the deceased show ventral amygdala and rostral anterior cingulate cortex hyperactivity to reminders of their loss. In the case of the amygdala, this links to their sadness intensity. In those individuals who avoid such thoughts, there is a related opposite type of pattern in which there is a decrease in the activation of the dorsal amygdala and the dorsolateral prefrontal cortex. In those not so emotionally affected by reminders of their loss, studies of fMRI scans have been used to conclude that there is a high functional connectivity between the dorsolateral prefrontal cortex and amygdala activity, suggesting that the former regulates activity in the latter. In those people who had greater intensity of sadness, there was a low functional connection between the rostral anterior cingulate cortex and amygdala activity, suggesting a lack of regulation of the former part of the brain upon the latter. Several researchers have proposed functional explanations for grief, attempting to solve this puzzle. Sigmund Freud argued that grief is a process of libidinal reinvestment. The griever must, Freud argued, disinvest from the deceased, which is a painful process. John Archer, approaching grief from an attachment theory perspective, argued that grief is a byproduct of the human attachment system. However, in the case of death, the response is maladaptive because the individual is not simply lost and the griever cannot reunite with the deceased. Grief, from this perspective, is a painful cost of the human capacity to form commitments. Other researchers such as Randolph Nesse have proposed that grief is a kind of psychological pain that orients the sufferer to a new existence without the deceased and creates a painful but instructive memory. The authors argue that throughout human evolution, grief was therefore shaped and elaborated by the social decisions of selective alliance partners. Risks[edit] Bereavement, while a normal part of life, carries a degree of risk when severe. Some researchers have found an increased risk of marital breakup following the death of a child, for example. Others have found no increase. John James, author of the Grief Recovery Handbook and founder of the Grief Recovery Institute, reported that his marriage broke up after the death of his infant son. Many studies have looked at the bereaved in terms of increased risks for stress-related illnesses. Colin Murray Parkes in the 1970s and 1980s in England noted increased doctor visits, with symptoms such as abdominal pain, breathing difficulties, and so forth in the first six months following a death. Others have noted increased mortality rates Ward, A. Individuals with PGD experience severe grief symptoms for at least six months and are stuck in a maladaptive state. Critics of including the diagnosis of complicated grief in the DSM-5 say that doing so will constitute characterizing a natural response as a pathology, and will result in wholesale medicating of people who are essentially normal. Complicated grief is characterised by an extended grieving period and other criteria, including mental and physical impairments. The Mayo Clinic states that with normal grief the feelings of loss are evident. When the reaction turns into complicated grief, however, the feelings of loss become incapacitating and continue even though time passes. They are also considered to be complicated because,

unlike normal grief, these symptoms will continue regardless of the amount of time that has passed and despite treatment given from tricyclic antidepressants. The Mental Health Clinical Research team theorizes that the symptoms of complicated grief in bereaved elderly are an alternative of post-traumatic stress. These symptoms were correlated with cancer, hypertension, anxiety, depression, suicidal ideation, increased smoking, and sleep impairments at around six months after spousal death. These inhibitors have been found to reduce intrusive thoughts, avoidant behaviors, and hyperarousal that are associated with complicated grief. In addition psychotherapy techniques are in the process of being developed. For other uses, see Bereavement disambiguation. This section needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. Death of a child can take the form of a loss in infancy such as miscarriage or stillbirth [30] or neonatal death, SIDS , or the death of an older child. In most cases, parents find the grief almost unbearably devastating, and it tends to hold greater risk factors than any other loss. This loss also bears a lifelong process: Parents who suffer miscarriage or a regretful or coerced abortion may experience resentment towards others who experience successful pregnancies. Suicide[edit] Suicide rates are growing worldwide and over the last thirty years there has been international research trying to curb this phenomenon and gather knowledge about who is "at-risk". When a parent loses their child through suicide it is traumatic, sudden and affects all loved ones impacted by this child. Suicide leaves many unanswered questions and leaves most parents feeling hurt, angry and deeply saddened by such a loss. Parents, family members and service providers have all confirmed the unique nature of suicide-related bereavement following the loss of a child. They report a wall of silence that goes up around them and how people interact towards them. One of the best ways to grieve and move on from this type of loss is to find ways to keep that child as an active part of their lives. It might be privately at first but as parents move away from the silence they can move into a more proactive healing time. A spouse often becomes part of the other in a unique way: The days, months and years after the loss of a spouse will never be the same and learning to live without them may be harder than one would expect. The grief experience is unique to each person. Sharing and building a life with another human being, then learning to live singularly, can be an adjustment that is more complex than a person could ever expect. After a long marriage, at older ages, the elderly may find it a very difficult assimilation to begin anew; but at younger ages as well, a marriage relationship was often a profound one for the survivor. A factor is the manner in which the spouse died. The survivor of a spouse who died of an illness has a different experience of such loss than a survivor of a spouse who died by an act of violence. The grief, in all events, however, can always be of the most profound sort to the widow and the widower. Emotional unsteadiness, bouts of crying, helplessness and hopelessness are just a small sample of what a widow or widower can expect to face. Depression and loneliness are very common. Feeling bitter and resentful are normal feelings for the spouse who is "left behind". Immediately after the death of a spouse, there are tasks that must be completed. Planning and financing a funeral can be very difficult if pre-planning was not completed. Changes in insurance, bank accounts, claiming of life insurance, securing childcare are just some of the issues that can be intimidating to someone who is grieving. Social isolation may also become imminent, as many groups composed of couples find it difficult to adjust to the new identity of the bereaved, and the bereaved themselves have great challenges in reconnecting with others. Widows of many cultures, for instance, wear black for the rest of their lives to signify the loss of their spouse and their grief. Only in more recent decades has this tradition been reduced to a period of two years, while some religions such as Christian Orthodox many widows will still continue to wear black for the remainder of their lives. This is more likely if the adult carers are struggling with their own grief and are psychologically unavailable to the child. Studies have shown that losing a parent at a young age did not just lead to negative outcomes; there are some positive effects. Some children had an increased maturity, better coping skills and improved communication. Adolescents valued other people more than those who have not experienced such a close loss. This allows the adult children to feel a permitted level of grief. Others may shut out friends and family in processing the loss of someone with whom they have had the longest relationship. This is especially true when the death occurs at an important or difficult period of life, such as when becoming a parent, at graduation, or at other times of emotional stress. It is important to recognize the effects that the loss of a parent

can cause, and to address these effects. For an adult, the willingness to be open to grief is often diminished. A failure to accept and deal with loss will only result in further pain and suffering. It is an essential part of healing. Despite this, sibling grief is often the most disenfranchised or overlooked of the four main forms of grief, especially with regard to adult siblings. Adult siblings eventually expect the loss of aging parents, the only other people who have been an integral part of their lives since birth, but they do not expect to lose their siblings early; as a result, when a sibling dies, the surviving sibling may experience a longer period of shock and disbelief. If siblings were not on good terms or close with each other, then intense feelings of guilt may ensue on the part of the surviving sibling guilt may also ensue for having survived, not being able to prevent the death, having argued with their sibling, etc. A very young child, under one or two, may be found to have no reaction if a carer dies, but other children may be affected by the loss. At a time when trust and dependency are formed, a break even of no more than separation can cause problems in well-being; this is especially true if the loss is around critical periods such as 8â€”12 months, when attachment and separation are at their height information, and even a brief separation from a parent or other person who cares for the child can cause distress. For example, younger children see death more as a separation, and may believe death is curable or temporary. Reactions can manifest themselves in "acting out" behaviors: Adolescents may respond by delinquency , or oppositely become "over-achievers": It is an effort to stay above the grief. For example, children who have been physically, psychologically or sexually abused often grieve over the damage to or the loss of their ability to trust. Since such children usually have no support or acknowledgement from any source outside the family unit, this is likely to be experienced as disenfranchised grief. Initial support involves reassuring children that their emotional and physical feelings are normal. Schools are advised to plan for these possibilities in advance. It may be found among survivors of combat, natural disasters, epidemics, among the friends and family of those who have died by suicide, and in non-mortal situations such as among those whose colleagues are laid off. Other losses[edit] People who become unemployed, such as these California workers, may face grief from the loss of their job Parents may grieve due to loss of children through means other than death, for example through loss of custody in divorce proceedings; legal termination of parental rights by the government, such as in cases of child abuse ; through kidnapping; because the child voluntarily left home either as a runaway or, for overage children, by leaving home legally ; or because an adult refuses or is unable to have contact with a parent. This loss differs from the death of a child in that the grief process is prolonged or denied because of hope that the relationship will be restored. A person who strongly identifies with their occupation may feel a sense of grief if they have to stop their job due to retirement, being laid off, injury, or loss of certification. Those who have experienced a loss of trust will often also experience some form of grief. Lay out three sets of five pieces of note paper on a table.

Chapter 9 : 5 stages of grief applied to aging | Retirement – Only the Beginning

Learn about the 6 stages of retirement, and why financial planning is important, but emotional planning is the key to retiree bliss. Showcase your expertise to 20+ million investors. Join Now.

Most endings can produce feelings of grief depending on the gravity of the situation. However, endings can also be avoided or even denied. As a result, when feelings of grief and loss emerge unexpectedly, they can come as quite a surprise. Unfortunately many believe that grief only belongs to the loss of someone loved and cherished. However, grief can show up in many areas as a response to a loss. And sadly, few realise that they when they retire, being liberated can also bring feelings of sorrow. But also, the change that a new lifestyle may bring can require letting go of the past. And this often triggers a period of grief. Usually this is because change can sometimes be difficult to accept or adapt to – even though retirement was longed for and possibly even celebrated when it finally arrived. But when we suddenly realise the enormity of the change and what it involves, this can create moments of deep sadness, even though what has been lost may also bring relief. Usually this is because retirement is a moment of reflection. And it can mark the stark reality of either a successful or a failed working life. Sadly, few realise or indeed fully prepare themselves emotionally for the eventuality of this moment – when retirement can result in feelings of redundancy or even feelings of being surplus to requirements. And many forget just how important it is to get dressed, and to head into the office and so on. Retirees often report feeling very lonely. Because when we engage in daily routines over many years, we forget the bigger picture of what being employed actually means. And not being employed, can result in a: Decrease in social interaction. Loss of identity and a sense of purpose. Less mental stimulus and physical activity. Loss of a pay check. But for those who are self-employed, and depending on their work situations, often they are more able to adapt to retirement, if of course, they chose to do so. And others may actually experience an enormous amount of relief in never having to do any of what they did for years and years – ever again. This can result in a the 5 stages of grief when, Denial.