



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

NSMHPCN Grief and Bereavement Module

Pre-Course Homework

Thank you for participating in the North Simcoe Muskoka Hospice Palliative Care Network's Grief and Bereavement module. To help better understand your own relationship with grief and bereavement, we invite you to self-reflect and complete the following questions prior to watching this short video.

Please take some time to reflect on these questions and answer them to you best of your ability. You may use additional paper if necessary. This is for you; it does not need to be handed in. If you are watching the video as a group, please feel free to pause the video and share your reflections if comfortable.

1.) What's my story? Please describe your first experience with death and grief:

a) How were you told about the death?

b) What were you feeling?

c) How old were you?

d) How were others reacting around you?

e) Were you included and allowed to express emotions?

f) How was the death acknowledged?

g) Was it talked about openly?

h) What do you wish had happened differently?

2.) Think about how you mourn:

a) What religious traditions or rituals do you practice?

b) As an adult do you include younger family members in rituals?

- c) Have you ever thought about or experienced how other cultures mourn and appreciated the value of the how they say goodbye and acknowledge the dead and the period of time following a death? Discuss with your group.

3.) What qualities should someone supporting a grieving person possess? (Please describe)

4.) Map your losses: Think about how, throughout your life, you have grieved the loss of something. For example, the death of a loved one, the loss of a job, a relationship, your health, your youth, etc.

BIRTH -----TODAY