



Grief & Loss

from a

Diagnosis and Treatment

presented by
Breast Cancer Resource Center

Sandra Bravo

Licensed Professional Counselor



sandra.bravo.org

What is grief?

- * process
- * on-going
- * after loss
- * learning a new way to love
- * How do we move toward wellness after loss?



What is wellness?

According to the American Psychological Association, “Wellness Optimal Health” incorporates “the ability to function fully and actively over the physical, intellectual, emotional, spiritual, social, and environmental domains of health.”

How are you currently
experiencing
optimal wellness in the
6 domains of your life?

On a scale from 0-10, rate how happy
you are with each area of your life:

0-----10
completely completely
unhappy happy

Physical
Intellectual
Emotional
Spiritual
Social
Environmental

Let's explore how to
increase your ratings...

“Prevention researchers have discovered that there are human strengths that act as buffers against mental illness: courage, future mindedness, optimism, interpersonal skill, faith, work ethic, hope, honesty, perseverance, and the capacity for flow and insight...”

-American Psychologist, January 2000



Physical

- * How many hours do you sleep daily?
- * How often and what types of food do you give your body daily?
- * How many glasses of fluid do you drink daily?
- * How often do you strengthen your body through physical activity?



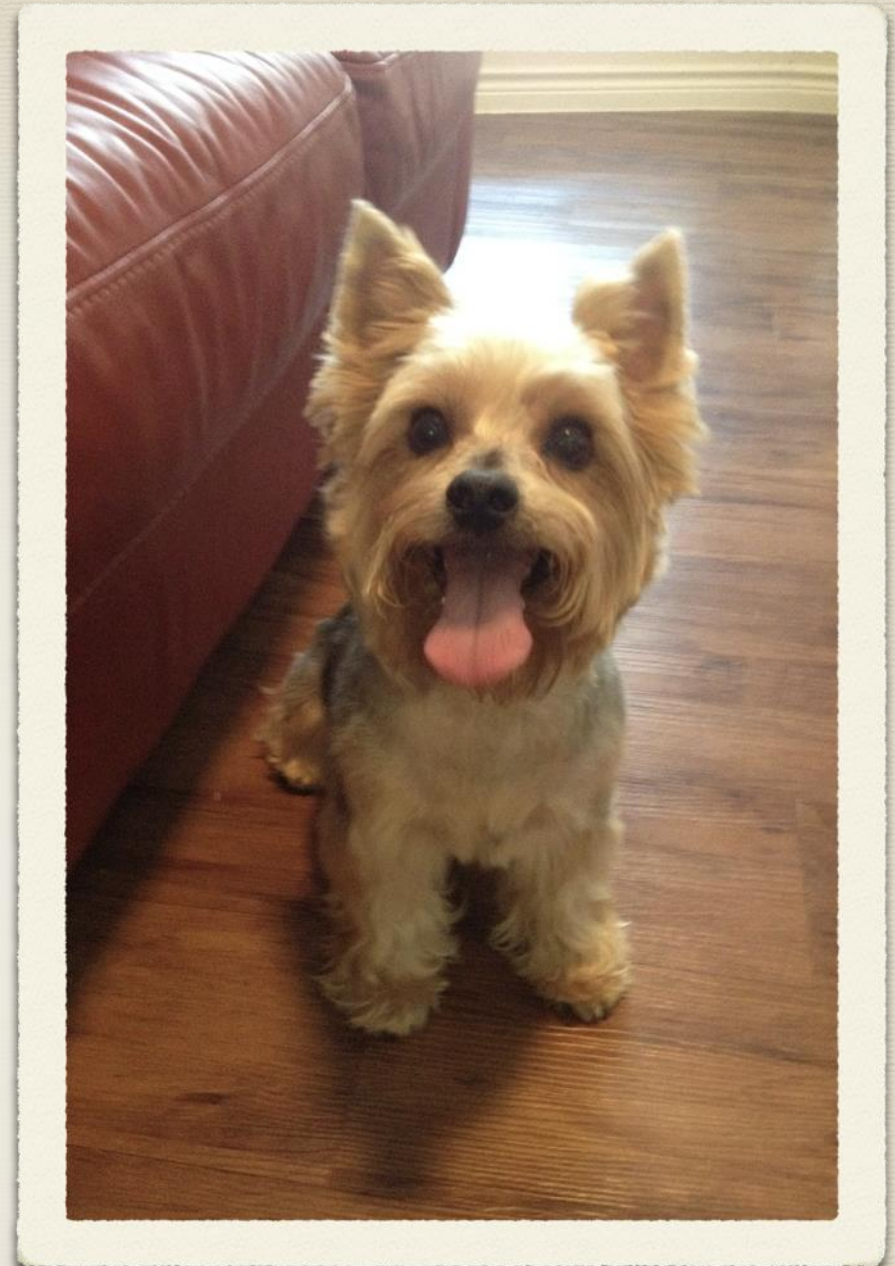
Intellectual

- * Do you feel like you are learning new things regularly?
- * Do you feel challenged in your professional life?



Emotional

- * Do you feel like you have control over your behaviors when you feel strong emotions?
- * Do you have more peaceful moments than hectic moments in your life?
- * Do you feel like you have a safe place to share scary or unpleasant emotions?



Spiritual

- * Can you answer the reason for your existence?
- * Can you explain why bad things happen in life?
- * Do you have a safe place to explore questions related to the meaning of life?



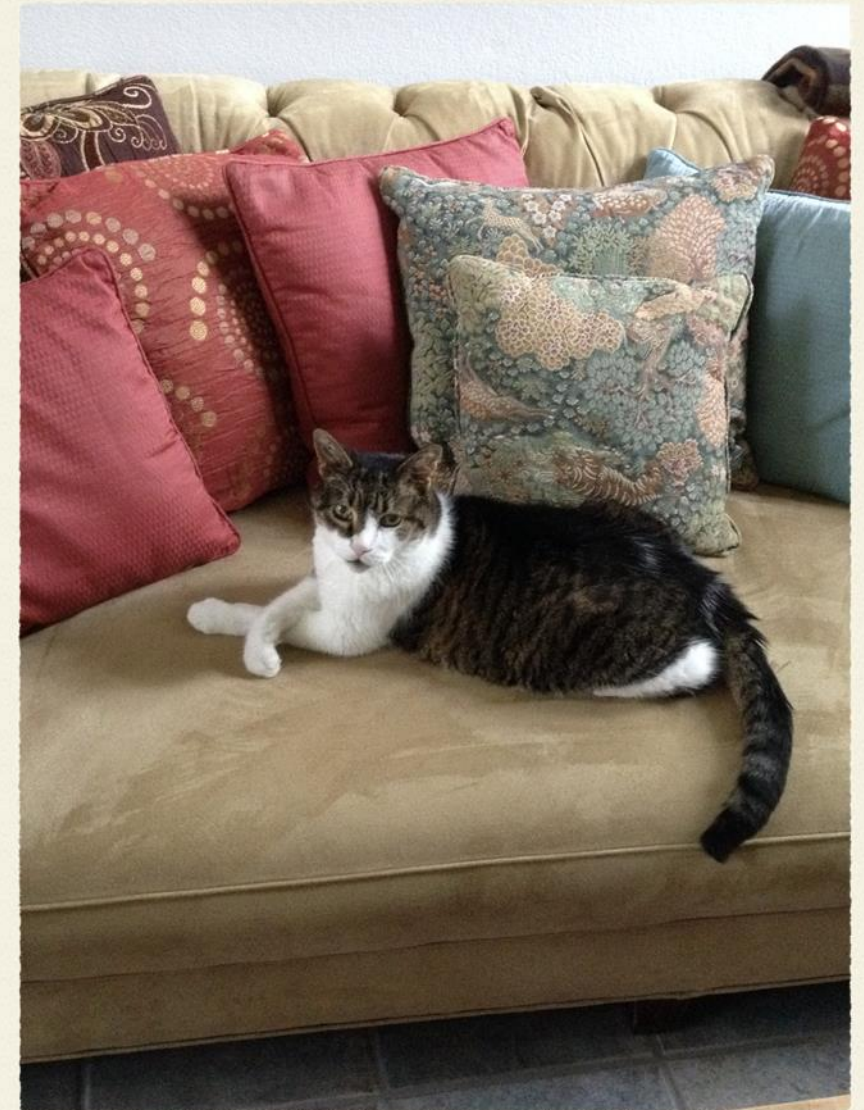
Social

- * Do you have friends and/or family members that you spend time with on a regular basis?
- * Do you go out to social events as often as you desire?



Environmental

- * Do you like the physical appearance of the space where you sleep and keep your belongs?
- * Do you like the cleanliness of your surroundings?
- * Do you like the physical appearance of the space where you work?



Grief is an on-going process
of learning a new way to love
after loss.

Grieving takes time...

Questions



Sandra Bravo, LPC
3305 Northland Drive, 509
Austin, TX 78731
737.881.9695
website: sandrabravo.org