

TAPS
Institute for Hope and Healing

***Shifting Tides:
From Caregiver to Survivor***

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Presented by Boeing



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We are in the same storm...
but we are not in the same boat

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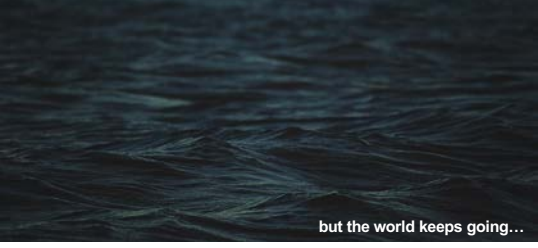
Caregivers

Who, What, When, Where, Why?
Ambiguous Loss
Anticipatory Grief

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....and then... it stops...




but the world keeps going...

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Grieving after Caregiving



The body and the brain

- Fight or flight
- Where's the ON/OFF switch for this thing??
- Breath holding
- Lack of concentration, focus, attention, desire to pay attention

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Grieving after Caregiving



Feelings...all of them

- Guilt
- Relief
- Sadness
- Anger
- Worry
- Fear
- Peacefulness / stillness

and so many more.....

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Grieving after Caregiving

The soul

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Grieving after Caregiving

aka: I lost my job

- Multiple losses
- Changing roles
- Who am I now?
- Purpose: Changes to the narrative of being needed, wanted, useful

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Grief....It's a Mess...

HOW WE WANT GRIEF TO WORK

→


HOW GRIEF ACTUALLY WORKS

→

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The Journey Up the Mountain Has Dips in the Path



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How Do I Start to Become My Own Caregiver?



- Comfort your body
- Nurture your heart
- Follow your emotional lead and assist it in shifting when necessary
- Seek support, help, guidance, love, community

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TAPS Illness Loss Survivor Survey

TAPS is grateful for the opportunity to honor your military loved one and support you as part of our TAPS family. If you came to TAPS because of a loss due to illness, we'd appreciate you sharing your feedback. As a thank you for completing the survey, you can make note of a Gift Code for 15% off your entire order at our TAPS Store!

TAPS will use the information you provide to serve as both the voice of your loved one in policy and legislation and your voice to direct future TAPS programs and services.

https://taps.iad1.qualtrics.com/jfe/form/SV_a3DYXNzOWoloSah

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Upcoming TAPS Institute Programs

June 22 **Music of the Soul - What Music Teaches Us About Coping With Grief**
Live Webinar, Noon-1:00 p.m. ET
Joy Berger, DMA, FT, MT-BC, Owner and CEO for *Composing Life out of Loss*

June 29 **EMDR Demystified**
Live Webinar, Noon-1:30 p.m. ET (1.5 CEs Available)
Howard Lipke, PhD, editorial board member, *EMDR Journal of Practice and Research*

July 27 **Grieving While You Work, Working While You are Grieving**
Live Webinar, Noon-1:00 p.m. ET
L. Mark Hensley, MTS, DMin, PT-Csp, Bereavement Services Manager, VITAS Healthcare


Visit taps.org/institute to learn more and RSVP!

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About the TAPS Institute for Hope and Healing®


Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).



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