# PAUSE: Peer-Supported Grief Care for Teams

## 1. Purpose



Explaining the reason for the sharing circle: providing time, space and opportunity to discuss grief.



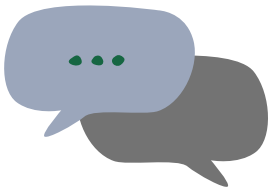
## 2. Acknowledge

Setting the expectations for the group and recognizing the importance and uniqueness of grief experiences.

## 3. Understand



Supporting the group in recognizing what's happening with their bodies, emotions and/or thoughts. This is the "heart" of the debriefing.



## 4. Share

Guiding the group as they share their experiences, memories, and/or questions relating to the death.

## 5. Explore



Encouraging the group to reflect on their grief-related needs in the short and long-term, both individually and as a group. These needs might include strategies for day-to-day wellness.

## 1. Purpose

- Share the reason for today's meeting.
- Explain the importance of debriefing.

## 2. Acknowledge

- Explaining that this is an ethical space: team members are validated in their different grief experiences.
- Confidentiality: What is shared stays within the group
- Normalizing grief
- Grief is a natural response to death.
- Grief doesn't have a fixed timeline.

## 3. Understand

- Supporting the group in noticing what's happening with their bodies, emotions, and/or thoughts.
- Naming the individual's experiences and honouring them.

## 4. Share

- Guiding the group as they share memories of the person who died what they will miss about them, and how they might chose to remember them.

## 5. Explore

- Encouraging the group to reflect on their grief-related needs in the short and long-term, both individually and as a group.
- What is needed to help support you as you're grieving?
- Are there any other practices/rituals we can add to our team/organization to help with grieving?



Ending: Moving into your transition practice



