



“Be Strong” and Other Myths About Grief

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What is Grief?

Overwhelming sadness from a loss

and

Conflicting feelings caused by the change in a familiar pattern of behavior (mental, emotional, or physical)





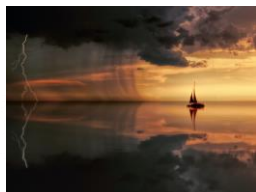
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Grief =

Overwhelming sadness

+

Conflicting feelings





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Example

My mom's sudden death:

I am *still sad*

I am *no longer* conflicted
and
no longer overwhelmed



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Myths About Grief

"Be strong" (or "Be strong for others")

"Don't feel badly" (or "Don't cry")

"Grieve alone" (or "Go to your room and cry," "Be by yourself")

"It just takes time" (or "Time heals all wounds")

"Stay busy" (or "Just distract yourself")

"Replace the loss..."



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Grief is *Not* Sadness

Grief is the *overwhelming* sadness

Sadness is related to the depth of our love

We never forget, so we never lose the sadness





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The Myths About "Five Stages of Grief"

Elisabeth Kübler-Ross debunked this herself!
(denial, anger, bargaining, depression, acceptance)

NEVER meant to be "pillars" of grief stages

Research was based on terminally ill patients



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Common Grief Reactions

- Reduced concentration
- Sense of numbness
- Disrupted sleep
- Eating changes
- Emotional rollercoaster

Normal, normal, normal
No "right or wrong..."





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How to Move Forward Through Grief

- Reduce the "overwhelming" sadness
- Resolve the "conflicting feelings"





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Reducing the Overwhelming Sadness

“Turning Within” Meditation

- Taught 1st courses in history of West Point
- Taught in U.S. Army, USAF bases in Korea & DMZ
- Continue to teach veterans, war contractors, Gold Star families



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Benefits of Meditation

- Reduces stress and anxiety
- Deepens sleep
- Balances emotions
- Increases mental clarity
- Enhances self care





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“Fight or Flight”

Cortisol released, increasing blood pressure and blood sugar while depressing the immune system

Adrenaline released to increase strength for Fight or Flight



Brain gets body ready for action which, in turn, prevents sleep

Liver releases glucose for muscle fuel

Oxygen, nutrients, and blood flow shunted to muscles



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Meditation is...

- The invisible glue
- A missing component
- A necessary daily tool

Only 5 to 15 minutes twice daily





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“Turning Within” Meditation is Effortless

- No focus
- No concentration
- No clearing the mind
- No trying to relax

Easy and effortless





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Integration of Mind, Body, Spirit





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Houston Astrodome Analogy

Vast coliseum

8" bucket

Limited view of "the mind"

Meditation=expansion BEYOND the bucket





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Questions?

www.kelvinchin.org



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Grief Recovery Classes

- Resolves "conflicting feelings"
- 7-week program
- Meet once a week
- Learn exercises & tools to use with any future loss



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“Turning Within” Meditation

4-day class
60-90 minutes each
THEN
Free “Lifetime Follow-up”
AND
Free ongoing Refresher classes

Details: www.TurningWithin.org

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Enjoy life again
Greater clarity of mind
More balance
More openness of heart



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Upcoming TAPS Institute Programs

- January 28 Mindfulness as Your Superpower**
Live Webinar, Noon-1:00 p.m. ET
Jill Harrington-LaMorie, DSW, LCSW, Author, *Superhero Grief: The Transformative Power of Loss*
and **Heather Stang, MA, C-IAYT**, Founder, Mindfulness & Grief Institute
- February 9 Wellness Techniques for Reducing Stress and Anxiety**
Live Webinar, Noon-1:00 p.m. ET
Neil Goodman, Mindfulness and Meditation Instructor

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

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Upcoming TAPS Institute Programs

February 23 **Understanding the Federal Long Term Care Insurance Program**
Live Webinar, Noon-1:00 p.m. ET
Hunt Kerrigan, Colonel (Ret), Leader, New Hampshire Military Coaching Alliance
 and **Lisa J. Roussel, CLTC, LTCP**, Account Manager, FedPoint
 Moderated by **Bonnie Carroll**, Founder & President, TAPS

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



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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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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.



Presented by Boeing



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