

Coping with Non-Death Related Losses: Keys to Opening the Conversation

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Inevitability of Loss

- We lose not only through death, but also by leaving and being left, by changing and letting go and moving on. And our losses include not only our separations and departures from those we love, but our conscious and unconscious losses of romantic dreams, impossible expectations, illusions of freedom and power, illusions of safety – and the loss of our own younger self, the self that thought it would always be unwrinkled, and invulnerable and immortal. – Judith Viorst

The Inevitability of Loss

- Rebbe Nachman

- Kol HaOlam Kulo, Gesher Tzar Meod. V'haikar lo lefached call.
- All the World is a narrow bridge. The essence (the most important thing) is to not be afraid.

- Kohelet Chapter 3

A season is set for everything, a time for every experience under heaven. A time to be born and a time to die. A time to plant and a time to uproot the planted. A time to slay and a time to heal...

Grief arises from the loss of one or more deep-seated human needs.



Loss of attachment —who am I connected to?	I need to feel connected, bonded, secure, or included.
Loss of territory —where do I belong?	I need to feel a sense of belonging or grounding to a place or a home.
Loss of structure —what is my role?	I need to feel important, involved, and valued.
Loss of identity —who am I?	I need to know who I am as an individual, what I stand for, what my values are.
Loss of future —where am I going?	I need to know my direction and have hope and positive expectations.
Loss of meaning —what is the point?	I need to find meaning and purpose in all situations.
Loss of control —I feel overwhelmed	I need to feel in control of the situation or my destiny.

Ways of Coping: Rituals

- In Grief, Try Personal Rituals : The Psychology of rituals in overcoming loss, restoring broken order. (Atlantic Monthly 2014)

Public vs Private ritual

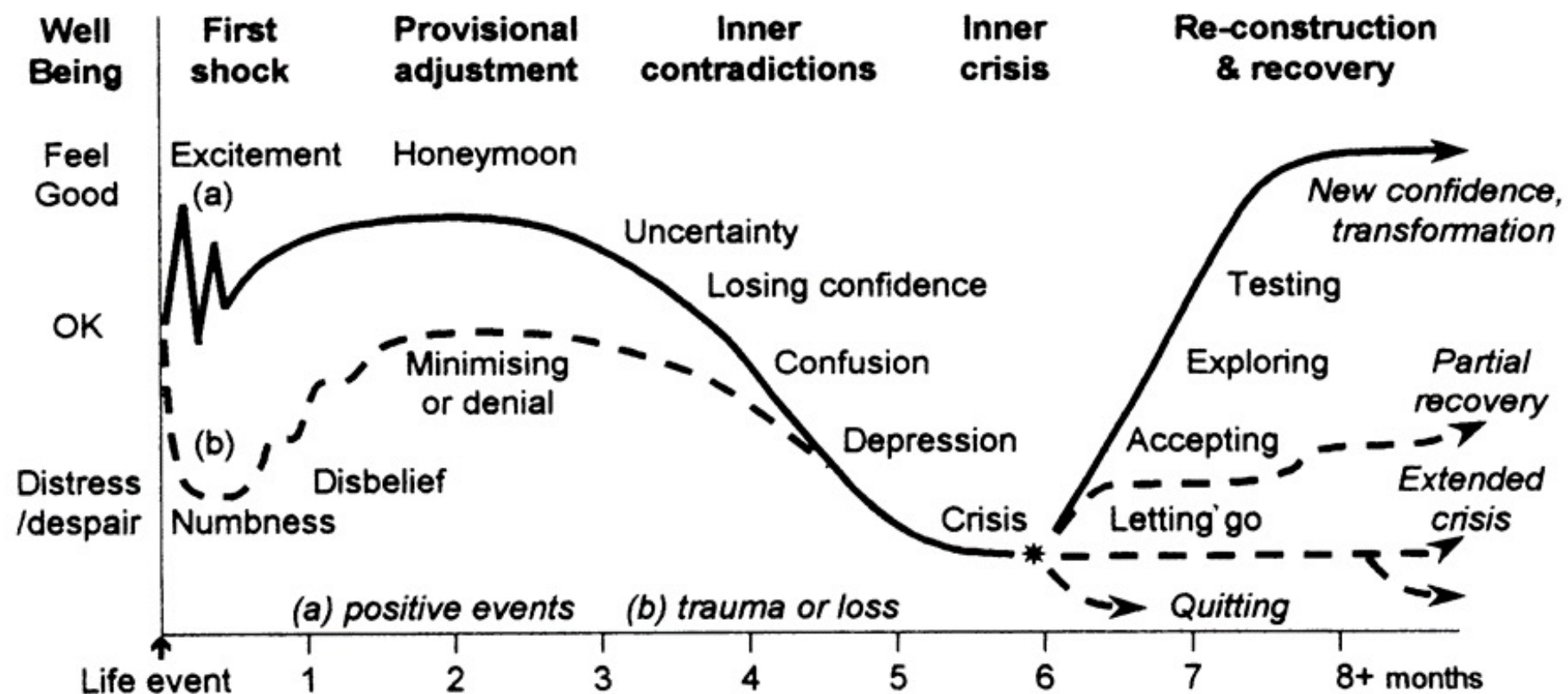
A Creative Jewish example

<https://www.ritualwell.org/ritual/grief-rituals-time-covid-19>

Stories of Resilience and Meaning #1

Julia Samuels: This Too Shall Pass: Stories of Change, Crisis and Hopeful Beginnings (2020)

- How we learn to adapt and thrive during our most difficult and transformative experiences.
- Responses to change and how we approach challenges



8 Pillars of Strength for Times of Change

1. Relationship with self

2. Relationship with others

3. Ways to manage emotions

4. Time

(Julia Samuels –This too Shall Pass)

5. Mindbody

6. Limits

7. Structure

8. Focusing

Stories of Resilience and Meaning #2

- Bruce Feiler - Life is in the Transitions: Mastering Change in a non-Linear Age (2020)
- 1. Start with your transition superpower
- 2. Identify Emotions
- 3. Shed Something
- 4. Try something creative
- 5. Rewrite your life story



Source: Tea Bowl fixed in the Kintsugi method available via the public domain. Retrieved from Wikimedia 14:35, October 3, 2015

In Japan, there is an art form called *kintsukuroi* which means "to repair with gold." When a ceramic pot or bowl would break, the artisan would put the pieces together again using gold or silver lacquer to create something stronger, more beautiful, then it was before. The breaking is not something to hide. It does not mean that the work of art is ruined or without value because it is different than what was planned. Kintsukuroi is a way of

living that embraces every flaw and imperfection. Every crack is part of the history of the object and it becomes more beautiful, precisely because it had been broken.

Prayers and Affirmations

- Gratitude Journal
- Hakarat HaTov – This too is for good
- Nisim B'chol Yom
- Proverbs 17:22
 - A happy heart is good for healing

MAY THE ANGELS
ACCOMPANY YOU
ON YOUR WAY

בשם ה' אלוהי ישראל
מימיני מיכאל
ושמאלי גבריאל
מלפני אוריאל
ומאחורי רפאל
ועל ראשי ומעל תחת שכינת אל

B'shem Hashem, elohei Yisrael
B'ymini Michael u-smoli Gavriel
Milfanai Uriel, u-me'acharai Raphael
V'al roshi, u-m'al tachtai, Shechinat-El

In the name of God, the God of Israel
On my right is Michael, on my left is Gavriel
In front of me is Uriel, behind me Raphael
And all above, surrounding me, Shechinat-El.