



Good Grief & Positive Stress: Facing Death and our Emotions

Facing the challenges of dealing with constant demands, changing situations, job pressures and then the reality of a client's death.

- + Identify sources of stress and their impact
- + Examine myths that have developed around death
- + Recognize the fears associated with death
- + Review the death sequence
- + Identify different personalities and how they respond to death
- + Develop supports for family and staff
- + Utilize strategies for self-help and recovery

★Recommended Option

Target	Front-Line Staff	Registered Staff	Managers
	●	●	●

Schedule	1 Hr *	1½ Hr *	3 Hr *	Full Day	Multi-Day
	●	●	● ★		

*can be repeated multiple times throughout the day.

Extras	Handouts	Posters	Certificates	Info Binders
	●	●		

NOTES:



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