Grief Triggers
As a Topic in Meetings
Triggered by the Meetings

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Triggers: What are They?

• A grief trigger is anything that brings up memories related to a loss.
• Memories that pop into your head without any effort on your part to recall them.
• Grief triggers are those reminders, often unexpected, that in an instant can cause a wave of grief to wash over you or even knock you down.

How Many Times Have You Heard:

“I was doing so well until…
• That song
• That day
• That smell
• That food
• That picture
• That person
• That event
• That holiday

…and then I fell apart.”

Not All Triggers are Negative

• Some are sweet, happy memories
• Some are not clear memories
But…
• Some are a like a punch to the gut
  • Surprising
  • Painful
Coping Strategies

<table>
<thead>
<tr>
<th>Anticipate</th>
<th>Know what might happen and what or who you will need</th>
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</thead>
<tbody>
<tr>
<td>Avoid</td>
<td>Somethings don’t ever need to happen again</td>
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<tr>
<td>Adapt</td>
<td>Change what needs to be changed, start new traditions</td>
</tr>
<tr>
<td>Accept</td>
<td>Triggers are part of grief</td>
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</tbody>
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Triggered: Facilitator

- Recognize what is happening
- Cue co-facilitator
- Tell the group when appropriate
- Call for support following the meeting
- Plan for the next time

Triggered: Participants

- Remember not all triggers will be obvious
- Watch for people’s reactions, especially to sensitive topics
- Balance the group
- Offer support to the individual and the group
- Help the participants discuss the triggers
- Remind everyone that triggers are common in grief
- Follow up with those who were triggered

How can I look after myself in this moment?