

CHRONIC SORROW

What is it?

Does it affect people with TBI?

Why didn't I know this is normal?

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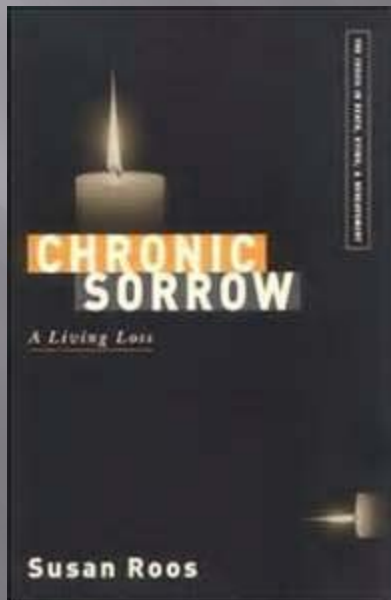
What is Chronic Sorrow?

- ▣ It is pervasive or recurrent episodes of grief
- ▣ Characterized as a normal response to disruption of anticipated normalcy in the life of a child or young adult.
- ▣ It is sadness and sorrow, fear and helplessness, anger, frustration and other feelings that are part of a normal grieving process.

Who experiences Chronic Sorrow?

Individuals experiencing the Traumatic Brain Injury

Family members and Caregivers



Defining Characteristics

- ▣ A perception of sadness or sorrow over time in a situation with no predictable end.
- ▣ Sadness or sorrow that is cyclic or recurrent
- ▣ Sadness or sorrow that is triggered internally or externally and brings to mind a person's losses, disappointments or fears.
- ▣ Sadness or sorrow that is progressive and can intensify

Chronic Sorrow is Normal

- ▣ It is a natural reaction to the loss of expectations
- ▣ It's a natural response to a tragic situation
- ▣ It happens to both men and women

So what do we do?





Living with Chronic Sorrow

- ❑ Develop a consciousness of living (with pain, suffering and sorrow there may also be joy hope and optimism)
- ❑ If you feel bad, you move on and help that person reach whatever goal they can reach
- ❑ Connect with others like yourself, take support from others and give support

- ▣ Engage in stress relieving practices (exercise and journaling)
- ▣ Share your feelings with others like yourself
- ▣ Pastoral care or spiritual support
- ▣ Referrals to local resources
- ▣ Come to Bridges Northern Kentucky Brain Injury Support Group!



We Are Glad You Are Here



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Northern Kentucky Brain Injury Support Group