

## COPING WITH LOSS & LONELINESS DURING THE HOLIDAYS



We will begin at 12:15

### Presenter



**Melissa  
Atchison**  
Pastor,  
Manhattan  
Mennonite Church

## *Today's Guide For A Healthy Conversation*

Be respectful and open of others.

Please type your questions in the Q&A box  
and comments into the chat box for our  
moderators.

Today's session will be recorded and will be  
posted to our Living Well Wednesday web  
page:

<https://bit.ly/KSRELivingWellWebinars>



# LIVING WELL WEDNESDAY

K-State Research and Extension Statewide Webinar Series

K-State Research & Extension is an equal opportunity employer



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**fax:**  
(833) 256-1665 or (202) 690-7442;

**email:**  
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

**correo postal:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; o

**fax:**  
(833) 256-1665 o (202) 690-7442;

**correo electrónico:**  
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

# Kansas State University is an affirmative-action, equal-opportunity employer.

K-State Research and Extension programs and materials are open to all, without regard for race, color, national origin, sex, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, or veteran status.

**K-STATE**  
Research and Extension  
Family & Consumer Sciences









**Holiday  
Joy  
as a  
Given?**



**Being  
sad  
is part of  
being  
human**



Pain  
Grief  
Lonely  
Fragile  
Disconnected  
Disconnected



Guilty  
Anxious  
Numb  
Overwhelmed  
Resentful  
Lost  
Hurt  
Hurt



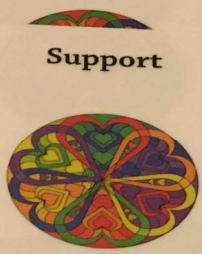
Sad  
Withdrawn  
Hopeless  
Tired  
Angry  
Vulnerable  
Depressed  
Depressed



Empathy  
Empathy



Closeness  
Kindness  
Love  
Tenderness  
Presence  
Support  
Support



Acknowledgement  
Self-Expression  
Connection  
Understanding  
Purpose  
Meaning  
Meaning



Community  
Recognition  
Warmth  
Laughter  
Belonging  
Authenticity  
Authenticity





**Disconnected**



**Disconnected**

**Fragile**



**Fragile**

**Lonely**



**Lonely**





Community



Community

Closeness



Closeness

Disconnected

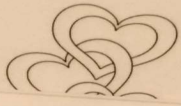


Love



Love

Fragile



Tenderness



Kindness



Kindness

Lonely



Presence



Presence

Support



Support



Tired



red

Withdrawn



Withdrawn

Hopeless



less

Sad



Sad

Vulnerable



nerable

Angry



Angry



Rest & Sleep

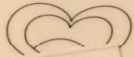


Rest & Sleep

Tired



Withdrawn



Solitude



Solitude

Empathy



Hopeless



Hopeless

Sad



Sad

To Grieve



To Grieve

Vulnerable



Space



Angry



Acceptance



Acceptance





**Anger**

**Sad Hurt Grief**

**Resentment**

**Lost**



**Numbness is actually a wonderful way to protect ourselves from emotions for which we are not ready." Rev. Tilda Norberg**



# 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



## SPECIAL ANNOUNCEMENT



### The 988 Lifeline

988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.) Click below to learn more about 988.

[LEARN MORE](#)





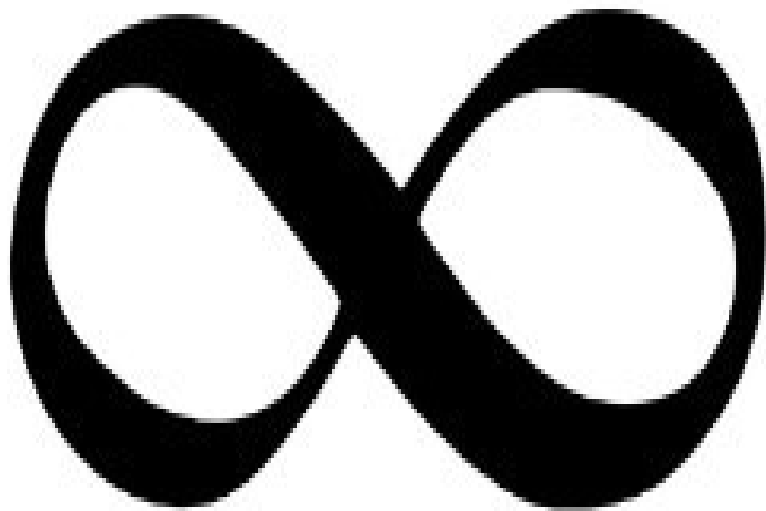
??  
??  
??  
??

A photograph of a winter forest. The ground is covered in a layer of snow, and the trees are mostly bare, with some snow on their branches. The scene is somewhat desaturated, with a blueish tint. The text "Who? What? Where?" is overlaid in the center in a white, serif font.

**Who? What? Where?**



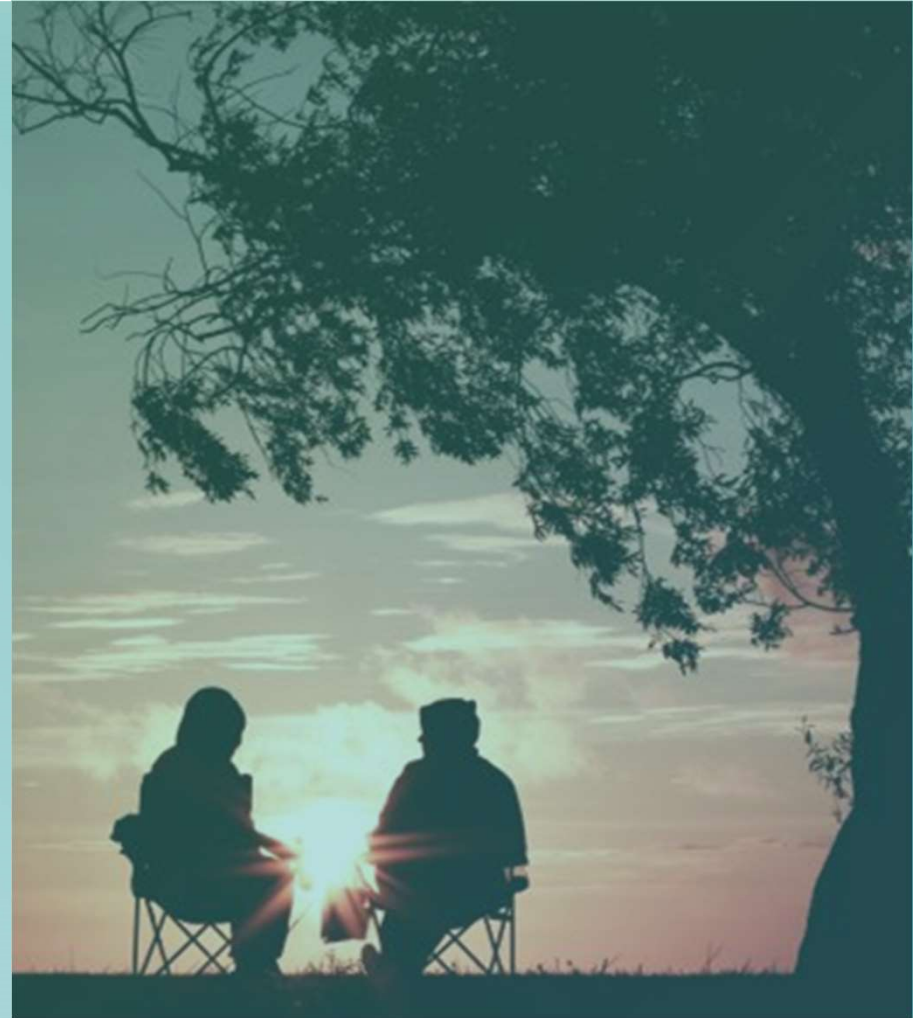








- **Listening**
- **Food**
- **Prayer**
- **Plans**
- **Hugs?**
- **Ask for help**
- **Cards**







You are the expert  
on your anxiety and  
grief!

▪ **"Grief is a shape-shifter that shows up in a thousand different ways."**  
**Joanna Harader, *Expecting Emmanuel: an Advent devotional***



# Resources

- Feelings and Needs Cards <https://www.malindaelizabethberry.net/feelings--needs-cards.html>
- Gestalt Pastoral Care <https://www.gestaltpastoralcare.org/>
- 988 Suicide and Crisis Lifeline  
[https://988lifeline.org/?utm\\_source=google&utm\\_medium=web&utm\\_campaign=onebox](https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox)
- Brene' Brown website (Empathy & Sympathy, and much more) <https://brenebrown.com/>
- Spiritual Directors International - Find a Spiritual Director <https://www.sdicompanions.org/>
- *Expecting Emmanuel: Eight Women Who Prepared the Way* by Joanna Harader
- *The Compassionate Congregation: A Handbook for People Who Care* by Karen Mulder and Ginger Jurries

# More Resources

- **Employee Assistance Program (EAP)** <https://www.betterup.com/blog/what-is-an-eap>
- **Community Mental Health Centers:**
  - <https://kdads.ks.gov/kdads-commissions/behavioral-health/community-mental-health-centers>
- **Association of Community Mental Health Centers of Kansas, Inc.:**
  - <https://acmhck.org/>
- **Map of Health Centers across the state of Kansas:**
  - <https://acmhck.org/resources/cmhc-map/>
- **National Suicide & Crisis Lifeline:** Call or text 988 or chat 988lifeline.org
- **Kansas Suicide Hotline:** 785-841-2345
- **KSRE Stress Management website:** <https://www.ksre.k-state.edu/health/stress-management/index.html>



# Join us on Wednesday, December 14, for Healthy and Prepared for the Holidays!

## Tips for:

- preparing meals ahead of time
- healthy modifications
- repurposing leftovers

## HEALTHY & PREPARED *for the holidays*

**ONLINE WEBINAR  
WEDNESDAY, DEC. 14TH  
12:15-1:00 PM**

The holidays are a busy time. Join us for some tips on how to keep your menu simple and fun this season.

**PRESENTERS**



**Christina Holmes**  
Extension  
Specialist



**Ashley Svaty**  
Extension  
Specialist



**Melinda Daily**  
Family & Consumer  
Science Agent

**REGISTER  
ONLINE AT** 

<http://bit.ly/LWWHoliday>  
or by scanning the  
QR Code



**LIVING WELL  
WEDNESDAY**  
K-State Research and Extension Statewide Webinar Series

K-State Research & Extension is an equal opportunity employer