

**ANTECEDENTS**

Grief is triggered by a series of losses

Chronic illness might introduce the loss of self or health (as one knows it)

**TRIGGERING EVENTS**

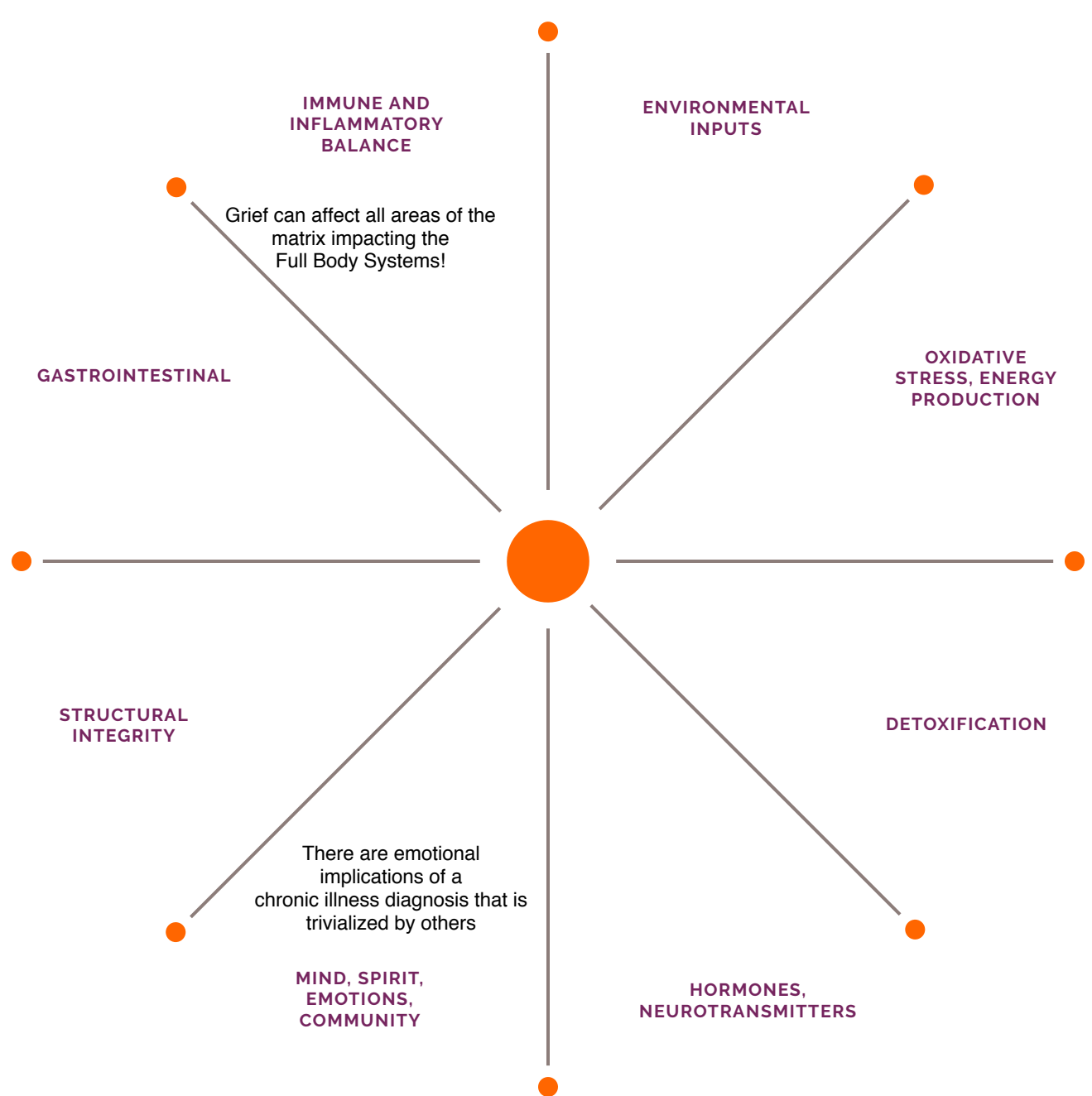
Phase 1: anxiety, confusion and doubt; pre-diagnosis  
Phase 2: relief & shock at diagnosis; cannot be cured  
Phase 3: fear & denial; most people get stuck here  
Phase 4: anger, blame, guilt  
Phase 5: grief and allowing the dam to break  
Phase 6: depression & isolation  
Phase 7: acceptance, hope & surrender  
Phase 8: action, change, experiment

**MEDIATORS**

Phase 9: ongoing resilience, gratitude & appreciation

Accepting that one may need to manage their chronic illness vs eliminating all together.

Phases 1-6 can act as further Triggers to symptoms;  
Phase 1-9 can act as Mediators (positive or negative)



**SLEEP/RELAXATION**

Grief can cause sleep disturbances; further impacting signs & symptoms

**EXERCISE/MOVEMENT**

Grief over body no longer works the way it did can lead to isolation and lack of physical expression

**NUTRITION/HYDRATION**

Grief can occur over change of diet and around gatherings, or the inability to partake in usual customs

**STRESS/RESILIENCE**

The stress brought on by illness and grief is not to be overlooked

**RELATIONSHIPS/NETWORKS**

Grief can cause isolation from others and change the connections and relationships we've previous relied upon