



# Grief Happens: Let's Talk About it Already

AMDA January 15, 2026

## Key Takeaways

**Cultural Context Of Grief:** We all hold grief beliefs, whether we speak the word grief or not. It comes from the cultures we inhabit: (e.g. families, media, systems, and policies). Recognizing the problematic stories we hold individually and collectively is critical to reducing the unnecessary harm we often experience in the wake of loss. It reduces the harm we inflict on others too.

**Who Grieves & Who Do We Grieve:** 100% of us experience loss, multiple times in our lives which means we will all grieve. It also means, grief is in our workplace right now. We can grieve anyone at any phase of life or death, including versions of ourself from before the loss.

**What is Grief:** We're grieving the known, the certain, the connection, and the meaning we've attached to our people and the stories we tell. Grief takes many forms (e.g. anticipatory, complicated, traumatic, cumulative, etc.) but the most important thing to remember is that grief isn't a problem to be fixed, it's a normal response to loss.

**Where Does Grief Come From and Where Does it Go:** We can experience grief from sources beyond death loss. These include the maturational phases of our lives, unexpected accidents and upheavals, and even things we had a right to think would come to pass but didn't. Regardless of the source of our loss, grief will impact our emotional, cognitive, physical, relational, and spiritual well-being. Often our financial well-being too.

**When Do We Grieve (and When Does it End):** Grief can happen at any phase of our lives. Grief doesn't proceed in a linear fashion, and it doesn't end per se, it just transforms, and we're transformed by it. The most important thing to remember is grief becomes a part of our story. It's not our whole story, though it can feel that way in the beginning.

**Why Do We Grieve:** Our lives are built by the stories we tell of our experiences. A death, a traumatic event, or some other devastating loss (of relationship, ability, homeland, dream) is akin to the manuscript of our lives being torn to shreds and handed back to us without instruction on how to rewrite or live our lives. Grief is the journey we're on as we rewrite and live our emerging story. So why do we grieve? Because a fundamental part of our manuscript has been shredded.

**How Do We Care for Ourselves in Our Grief:** While each grief journey is unique, there are some core skills and tools that will help us reduce the suffering we experience in the wake of loss. It begins with recognizing the harmful grief beliefs we often hold, and shifting our perspective to recognize grief's messy, non-linear nature. Some skills and tools include things like seeking community; regularly assessing our emotional, cognitive, physical, relational and spiritual needs; practicing mindfulness and self-compassion; engaging in rituals and creativity; regulating our nervous system; holding the "both/and"; and putting ourself in the way of beauty and experiences of awe.

## Keynote & Intensives

If you enjoyed the talk and would like to bring a similar talk, schedule an intensive for your clinical staff, or have ideas on other ways I can support your organization, let's schedule a time to talk!

**[CLICK HERE TO SCHEDULE A CONSULTATION.](#)**

## Additional Resources

**Website:** [lisakeefauver.com](http://lisakeefauver.com)

**Substack:** [AFGO with Lisa Keefauver](#)

**Book:** [Grief Is a Sneaky Bitch](#)

**Podcast:** [Grief is a Sneaky Bitch](#)

**Grief Support:** [lisakeefauver.com/support](http://lisakeefauver.com/support)



I'd love to hear your thoughts on the talk.  
Say hello at [Lisa@lisakeefauver.com](mailto:Lisa@lisakeefauver.com)