



joy, feelings!

literary therapy:

joy, grief, pleasure, and growth

a four-part workshop series exploring
wellness through introspective writing

hosted by writer + wellness
program coordinator
Alexander Hardy

Literary Therapy Exploration Workbook

Session 2 of 4

#2

**grief +
post-traumatic growth**

Sunday,
August 29, 2021

getsomejoy.com



Session 2: Grief + Post-Traumatic Growth

What does growth after trauma look like?

Part 1: A moment for mindfulness

What dish or meal describes your mood at the moment?

Right now, I'm feeling like _____

List affirmations for today / this week:

What would you like to create or gain during this Literary Therapy session?



Session 2: Grief + Post-Traumatic Growth

What does growth after trauma look like?

grief + post-traumatic growth (cont'd)

Mindfulness and Grounding



Activity 1: mindful eating

Next time you're enjoying a meal, or a few times through the week, don't do anything else at the same time.

Take small bites & appreciate flavors that linger on your tongue. Notice the meal's crunch, softness, & other textures. Savor the aroma. Focus on the meal.



Activity 2: The best thing

What is the best thing that happened to, around, or because of you in the past week? What was this moment so great?

VISUALIZATION: A HEALTHY VILLAGE

What does a healthy village look and feel like? How do members of a healthy village feel? What does communication in a healthy village look like?



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Part 1: How healthy is your village?

Reflect and write:

How does communication in your villages compare to what you envision?

Doodle or draw any images representing a healthy village:



Session 2: Grief + Post-Traumatic Growth

What does growth after trauma look like?

Part 2: Trauma and grief

Trauma is any type of distressing event or experience that can have an impact on a person's ability to cope and function. Trauma can result in emotional, physical, and psychological harm.

A few notes on trauma:

- Trauma can be a single event (car accident), or a repeated/ongoing experience (homelessness, chronic illness)
- What is perceived as trauma varies by individual and can be impacted by upbringing, personal history, culture, etc.
- Witnessing the loss of others can also be traumatizing

What have been the most challenging adjustments to life during the Rona?

Consider the mental, emotional, and psychological impacts of living during a global pandemic with no end in sight.



1 In your personal and family life



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trauma + grief (cont.)

What have been the most challenging adjustments to life during the Rona?



2 In your social and community life



3 In your career and professional life



4 In other areas of your life



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What does growth after trauma look like?

trauma + grief (cont.)

Here are a few areas to explore growth on the other side of trauma:

Areas of growth and development

- Education
- Emotional regulation
- Disclosure
- Narrative Development
- Service

Possible outcomes after life-altering experiences

- Strength Resourcefulness
- New or expanded possibilities + purpose
- Deepened or new relationships
- Appreciation for life, family, etc.
- Spiritual or creative growth

What have you learned or realized about yourself through navigating trauma or grief?



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Part 2: Restorative practices + waging a War on Spiritual Ashiness

Marinate on this:

When do you feel the most alive and free?

One last thing

What are three things you're looking forward to this week?



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a four-part workshop series exploring
wellness through introspective writing

write your way to clarity.

Aug 22 - joy, boundaries + restorative practices

Aug 29 - grief + post-traumatic growth

Sept 12 - pleasure + playtime

Sept 19 - letting go + releasing

get info and register @ getsomejoy.com.
joy-flavored stories @ medium.com/getsomejoy.