



Jaffari Support Services

Coping with Grief

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AGENDA:

1. Introduction
2. Understanding Grief
3. The Grieving Process
4. Islam and Grief

AGENDA

5. Coping Strategies
6. Tips for Volunteers
7. Self-Care and Conclusion

INTRODUCTION

Surely we belong to Allah (SWT) and indeed to him we shall return.

SYED ASAD MOHAMMED JAFRI

Let's recite a Surah Fatiha for Br. Jafri and all of our Marhumeen.

UNDERSTANDING GRIEF

Grief is a natural response to loss. It is a complex emotional process that includes a range of feelings.

GRIEF IS UNIQUE FOR EACH PERSON

There is no one-size-fits-all approach to coping. Individuals may feel sadness, anger, guilt, and worry.

STAGES OF GRIEF

These stages are not linear, and individuals can fluctuate between them.

KUBLER-ROSS:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance



ISLAM AND GRIEF

Death is viewed as a transition to the afterlife, not an endpoint.

GIFTS FOR THE DECEASED

Visiting the graves of the deceased, reciting Duas and Quran, donating to charity, and engage in Istighfar.

COPING STRATEGIES

INDIVIDUAL

1. Healthy Distraction
2. Mindfulness and Relaxation
3. Maintain Routine
4. Patience and Self-Compassion

COMMUNITY

1. Seeking Support
2. Honouring Memories
3. Prayer
4. Charity

TIPS FOR VOLUNTEERS SUPPORTING YOUTH

Active listening, encouraging self-care, promoting meaningful activities, and supporting daily tasks and routine.

SELF-CARE

Coping with grief can be emotionally challenging. Take breaks, support your peers, and reach out for help!

THANK YOU