



THE COMPASSIONATE FRIENDS

WAUKESHA CHAPTER

APRIL 2020 NEWSLETTER

If you are struggling during this time of isolation and quarantine and would like to connect with fellow TCF members, please visit our **NEW FACEBOOK PAGE**. Search for The Compassionate Friends-Waukesha WI on Facebook. Feel free to post or reply to our conversations.

We will be having our annual June Flower Planting at the Children's Memorial Garden on June 6th. Please see attached flyer for this event.

UPCOMING MEETINGS

APRIL AND MAY'S MEETINGS WILL BE HELD VIA ZOOM. USE THE FOLLOWING LINK TO ATTEND THE MEETINGS IN YOUR HOME. USE THE LINK BELOW OR ONE SENT TO YOUR EMAIL TO ATTEND. WE WOULD LOVE TO SEE YOUR FACE. WE HOPE TO RESUME IN PERSON MEETINGS FOR JUNE.

<https://hga.zoom.us/j/91260671658>



Grief, I've learned,
is really just love. It's all the
love you want to give, but cannot.
All that unspent love gathers
up in the corners of your eyes,
the lump in your throat, and in
that hollow part of your chest.
Grief is just love with
no place to go"
~ Jamie Anderson

lessonslearnedinlife.com

Facebook CEO, Sheryl Sandberg is sharing an excerpt from her book, *Option B*, for free during Covid-19. Here a part of the excerpt.

Here are three takeaways from "Option B" on grief and recovering from tragedy.

1. What you should (and shouldn't) say to someone who is grieving

Sandberg writes that after Goldberg's death she discovered she was "sometimes the friend who avoided painful conversations" because she worried about upsetting the person who was hurt.

"Losing Dave taught me how ludicrous that was," Sandberg wrote, adding that she often "felt invisible" herself after Goldberg's death and was "shocked" by friends who did not ask how she was doing.

"The elephant is always there. By ignoring it, those who are grieving isolate themselves and those who could offer comfort create distance instead," Sandberg wrote. "Both sides need to reach out. Speaking with empathy and honesty is a good place to start. You can't make the elephant go away. But you can say, 'I see it. I see you're suffering. And I care about you.'"

Sandberg also said she eventually found the courage to explain that it was more helpful if people asked her the more specific question of how she was feeling today, in the moment.

"I did what proved so difficult to do with friends and colleagues face to face: I described how a casual greeting like, 'How are you?' hurt because it didn't acknowledge that anything out of the ordinary had happened," she wrote. "I pointed out that if people instead asked, 'How are you today?' it showed that they were aware that I was struggling to get through each day."

2. Empathy is nice but encouragement is better

Sandberg draws upon her own experience of returning to work at Facebook to explain how she actually lost self-confidence when colleagues stepped in to pick up the slack for her.

"As people saw me stumble at work, some of them tried to help by reducing pressure. When I messed up or was unable to contribute, they waved it off, saying, 'How could you keep anything straight with all you're going through?'" she wrote. "In the past, I had said similar things to colleagues who were struggling, but when people said it to me, I discovered that this expression of sympathy actually diminished my self-confidence even more. What helped was hearing, 'Really, I thought you made a good point in that meeting and helped us make a better decision.' Bless you. Empathy was nice, but encouragement was better."

3. Encourage resilience by avoiding the three P's

Sandberg highlights the work of psychologist Martin Seligman who identified three P's that can stunt someone's recovery.

Personalization: The belief that we are at fault.

Pervasiveness: The belief that an event will affect all areas of our life.

Permanence: The belief that the aftershocks of the event will last forever.

"The hardest of the 3 P's for me to process was permanence," Sandberg wrote about her own grief. "For months, no matter what I did, I felt like the crushing anguish would always be there ... When we're suffering, we tend to project it out indefinitely ... People also overestimated the negative impact of other stressful events."

Speaking of the resilience that can emerge from moving past the three P's, Sandberg said it is what allows you to "breathe again."

"Resilience comes from deep within us and from support outside us. It comes from gratitude for what's good in our lives and from leaning into the suck," she wrote. "It comes from analyzing how we process grief and from simply accepting that grief ... And in those moments that we're able to summon our resilience, we realize that when life pulls you under, you can kick against the bottom, break the surface, and breathe again."

Sheryl Sandberg is a member of the board for Disney, the parent company of ABC News

***PLEASE KEEP THE FOLLOWING FAMILIES IN YOUR
THOUGHTS AND HEARTS AS THEY REMEMBER
THEIR SPECIAL DAYS IN MAY***

BIRTHDAYS

Gregory – child of Tracy Logothetis
Max – child of Sandra Pulos
Tim – child of Carol and Tom McFarlane
Kim – child of Judy Benson
Brady – grandchild of Kathleen Wajtkiewicz
Amanda – child of Charlie Gresser
Nick – child of Renee Kapusniak
Joe – child of Marian O'Brien
Joshua – Child of Cathy Mettlack
Steven – child of Amy Wosinski
Adam – child of Sharee and Randy Hoag
Kelly – child of Lorraine and Paul Sweeney
Laura – child of Toni Hrobsky
Andy – child of Diane Schroeder

ANGEL DAYS

Molly –child of Ann Marie Ries
Theo – child of Mary Schmitz
Matthew – child of Kim Holt
Jill – child of John Plumitis
Nicholas – child of Brian and Karen Gilbert
Zachary – child of Tanya Masek
Taki – child of Harry and Nicole P.
Joshua – child of Cathy Mettlach
Michael – child of Jackie Trudeau
Mitchell – child of Becky Policht

If we missed any children, please email us at tcfwaukeshacounty@gmail.com

Blessing to you all during this time of crisis on top of your grief,

Lorraine and Rhonda