

Simple Tips for Processing Grief and Shock: Maui

Resource Sheet. Created August 2023

This resource provides some information and links regarding processing and healing grief and shock. There are resource links.

Grief and shock after horrific disasters like the Lahaina fires on Maui leave us shaken. These tips are for those of us who are not directly involved in the relief efforts.

1. Rest. The shock and grief of a disaster like the fires leaves us shaken to our core. Our mental and physical selves need to recover, and rest is the best way. Take time to sleep more than usual if you can. Be easy with yourself.
2. Breathe, Meditate. Meditation and conscious breathwork is a powerful antidote to trauma, as it helps calm your heart and align your breath and body. It is one of the most powerful things you can do to help yourself.
3. Pray, Be Still. Recognizing that our consciousness is energetic, prayer or energy given with thoughtful intention is powerful. Join in some of the collective Native Hawaiian chants to help channel your intention and energy.
4. Nourish. Be more mindful of what you consume and how you replenish yourself. Follow what feels healing to you.
5. Feel. Give yourself permission to feel what you feel. With the world moving fast, sometimes we can't take in the pain and meaning of the death and trauma at once. We might need to let it in a little at a time. Go easy with yourself and let yourself feel.
6. Serve. Finding ways to be of service is an active way of processing grief and strengthening your own wellbeing. Volunteer, either directly with the area of relief, or with something else.
7. Exercise. Yoga, gardening, walking, swimming – being outside and connecting with light and others helps us to regain our wellbeing and process grief.



For more resources and support programs for individuals who are deaf, hard of hearing, or deaf-blind, please contact us at (808) 369-0499 or csc@csc-hawaii.org. Mahalo!