



forEVERMORE Advancing Bereavement Care For All
DIGITAL SUMMIT: Thursday, November 19th at 2pm EST

Questions and Prompts for Discussion, Conversation and Journaling

Preparation for The Summit

Self-care Reminders

"For anyone who watches a film, lecture or performance that has emotional content, be mindful of the activities that help you cope with uncomfortable feelings: being aware of your reactions, releasing tensions in your body, slow deep breathing."

Preparing to watch the Summit

- "As you watch the Summit, you will be aware of what is happening on the screen, the images, the story and sounds. However, be mindful of your own responses as well -- your body, your thoughts, and your emotions. Do they change at any point? When does that shift occur?"
- "So, before we begin, just close your eyes for a moment and take a self-inventory."

Screening the Film

Provide a brief age appropriate introduction for the Digital Summit and the goals of Evermore.

Make sure that all cell phones are turned off and sound is appropriately adjusted.

Monitor your viewing space and determine if anyone is having a particularly difficult time or if anyone has "left" the virtual room.

After the Summit concludes and if anyone will be speaking, give people a few moments before you begin.

Post- film Discussion and/or Journaling

Personal Experiences

- Some people experience an upset stomach, sweaty palms, tension, fast breathing and heart pounding at various points during a presentation on moving experiences, especially when there are sounds, images or words about trauma or loss they hear about during the Summit presentations.
 - These are common bodily responses to fear or remembering a frightening experience.

As you think about the Summit, what moment stands out? Give a reason why you identified that particular moment.

What thoughts did you have as you listened to the people tell or sing their stories?

What did you think about the songs? The lyrics? What meaning did they have for you?

What did you learn from viewing the Summit that you did not know before?

What did you learn about grief, resilience, healing?

Who or what do bereaved families find as their social supports?

What did you learn about how bereaved families receive services? What are their greatest needs?

Appreciating the 'after-life' of the Summit:

- Any story that moves you, or reminds you of your own life, will linger in your thoughts tonight, tomorrow and perhaps during the rest of the week.
 - This is a common experience. Use these thoughts to inform your own journey. Think about when the thoughts occur and what precipitates them. You might have new ideas or recollections as well. Jot them down.
 - Think about how you might be called to action.

If you would like to become involved or have someone from Evermore present to your class or group, please contact carole@live-evermore.org.