Coping with Grief and Stress in a Family with Special Needs
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DOC'S STORY/INSPIRATION
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Grief/Stress: What is it?

SIGNS OF OVERSTRESSED

CHANGES IN YOUR
• BODY
• ACTIONS
• EMOTIONS
• THINKING

HAVING A CHILD WITH SPECIAL NEEDS
Many of us cry out like Job:

“The churning inside me never stops; days of suffering confront me.” (Job 30:27)

Stressors in a Family with Special Needs

- Wondering about the Future
- Feeling Emotionally Cut Off from Your Own Child
- Feelings of Grief
- Maintaining a Regular Family Life
- Financial Stress
- Reactions from Society and Feelings of Isolation
- Sources of Stress for Siblings
Strategies to Cope with Stress

• When it comes to reducing stress, be creative

Trusting/Believing in Jesus Christ

Prayer – Individually, with your spouse, and as a family
Isaiah 40:30-31
“Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

Jonah 2:7 is Jonah’s prayer:
He said, “When I had lost all hope, I turn my thoughts once more to the Lord.”
Praise God

Working as a Team with your Spouse/Significant Other

A TEAM OF 2
Your greatest strength is in each other

Working as a Team with your Spouse/Significant Other - Communication
Working as a Team with your Spouse/ Significant Other - Appointments

Get a night out – Find Respite!
Start a Regular Exercise Regimen

Getting Enough Rest

Deep Breathing/Relaxation Exercises
Positive Thinking and Self-Talk

The Power Of Positive Thinking

Jesus said:

“Do not worry about tomorrow. For tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:34)

Limit your Focus to the Concerns of the Day

When things in life don’t go smoothly, remind yourself this is NORMAL!

The Bible tells us:

“It is good for me that I was afflicted, that I may learn Thy statutes.” (Psalms 199:71)
Remember that no matter what your child has, IT IS NOT YOUR FAULT!

Replace feelings of guilt, shame, and regret with courage, bravery, and transparency.

Support Groups and Friends

SUPPORT GROUPS

Conclusion

• Life isn’t fair
• If we live long enough, we’ll experience joy and laughter, sorrow and pain
• In order to weather the storms of disappointment in our lives, we need to face whatever comes our way
• How we handle life’s challenges will help shape the legacy we leave our children and others in our life
NEXT SOARly Needed R&R is Jan 30th – Frozen Theme – RSVP Now!

QUESTIONS
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