

A new model of Grief

This is a superlative lecture on the science and treatment of grief by Stanford ophthalmology and neuroscience professor Dr. Andrew Huberman. Andrew is one of my favorite lecturers as he is able to distill massive amounts of scientific literature in a package that is practical and useful.

Click the link below to listen:

https://www.youtube.com/watch?v=dzOvi0Aa2EA&ab_channel=AndrewHuberman



Description

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This episode, I discuss grief and the challenges of processing losses of different kinds. I explain the biological mechanisms of grief, including how neural circuits for emotional and factual memory combine with those for love and attachment, to create feelings of absence and yearning. I discuss how grief is distinct from depression, yet why they can feel so similar. I also provide science-based tools to assist with the grieving process, including how to reframe and remap the relationship with those we have lost while still maintaining a strong emotional connection to them. I also explain the importance of having and building strong foundational psychological and biological states so that we can better cope with grief when it happens. Finally, I describe tools to adjust those states, including those for accessing sleep, managing stress and emotional swings. This episode is for those suffering from grief but also for everyone, given that we all experience grief at some point in our lives.

We recorded this episode before the recent mass shooting tragedies in the United States. While we hope the information in this episode will be of use to anyone suffering from grief of any kind and at any time, we are also careful to acknowledge

