

# GRIEF



Losing someone or something you love is very painful. Everyone grieves differently - But there are healthy ways to cope with this pain - You can get through it!



## "5 Stages of Grief"

- 1. Denial:** "This can't be happening."
  - 2. Anger :** "Why? Who is to blame?"
  - 3. Bargaining:** "Make this not happen, then I will \_."
  - 4. Depression:** "I'm too sad to do anything."
  - 5. Acceptance:** "I'm at peace with what happened."
- You don't have to experience each stage or in the same order.
  - There is no "typical" response to loss.



## Common Reactions

- **Shock and disbelief** - Feel numb, deny truth.
- **Sadness** - Crying, emptiness, loneliness, despair, yearning.
- **Guilt** - Regret what you did/didn't do.
- **Anger** - Resentment or blame, even when nobody is at fault.
- **Fear:** May feel anxious, helpless, insecure, or experience panic attacks.
- **Physical Symptoms:** Fatigue, nausea, weight change, aches/pains, trouble sleeping.



## Myths & Facts

- MYTH:** The Pain will go away if you ignore it.  
**Fact:** Must face grief to heal.
- MYTH:** It is important to "Be Strong" in the face of loss.  
**Fact:** It's okay to cry, feel sad, frightened, or lonely.
- MYTH:** Moving on with life = forgetting the one you lost.  
**Fact:** Moving on = accepting. Keep your loved one's memory a part of you.
- MYTH:** Friends can help by not bringing it up.  
**Fact:** Need to talk about loss.

The grieving process takes time. Healing happens gradually. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

