



Coping with Grief and Loss

Grief is a natural response to loss. It can feel overwhelming but grieving is a healthy and natural part of the healing process. The best way to confront a loss is to recognize it, understand the feelings and reactions you are experiencing, and seek support during the grieving process.

Grief is non-linear. The grieving process is filled with ups and downs. You may experience some (or all) of the different stages of grief at any given time. Your personal journey through grief is unique. Take your time. Don't judge or compare your reactions to those of others.

Talk, share your feelings, explore the meaning this loss has for you. Pay attention to your body's needs - exercise, engage in healthy lifestyle practices, try to maintain some sense of normalcy surrounding your daily routine if possible. Surround yourself with supportive friends and family. Try to avoid isolating yourself.

Tears may come unexpectedly at times - even when you thought you were "done grieving." Be patient with yourself. Allow yourself time to grieve but also be sure to find time to laugh, connect with others, and be a joy hunter. If you are religious or spiritual, find time to connect with your higher power. Speak with a faith or spiritual mentor.

Spend time in quiet thought. Pray - Meditate - Practice Mindfulness. Lean into self-care while grieving.



Need Help?

CALL : 1-800-624-2593

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Understanding the Five Stages of Grief

- **Denial** - Disbelief, Numbness, Shock
- **Anger** - Anger at yourself or others, Guilt over things we did - or didn't do - before a loved one's death, Irritability, bitterness, anxiety, rage, impatience, **"Why me?" "Why now?"**
- **Bargaining** - Making deals with yourself (or with God/higher power), Belief that if we act a certain way - we will feel better, "What if" questions
- **Depression** - Sadness, Longing, Despair, Tearfulness, Reminders/ triggers bringing on new waves of grief, Life feels like it no longer holds any meaning
- **Acceptance** - Acceptance of the loss, Pain eases, Learning to live again, Keeping memories of those we have lost close to us

