

# UNDERSTANDING GRIEF & LOSS

## WHAT IS GRIEF?

**Grief is a natural response to loss**

- **Grieving is not limited to the loss of our loved ones!**
- **It's included the loss of a close relationship, pet, valuable thing or an individual's own terminal illness.**

**Everyone grieves differently!**

**There is no specific time frame for grieving!**

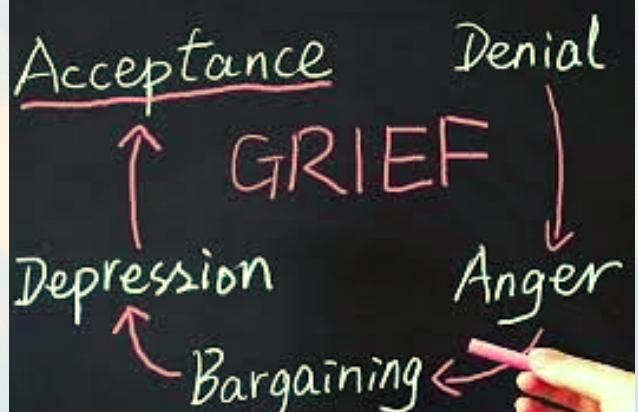
**There are 5 stages of grieving**

**The stages help you understand and put into context where you are**

**You do not have to go through each stage in order to heal**



### The Grieving Process







## **ACCEPTANCE**

- Accept the reality of the loss
- Learned how to cope
- Energy returns

## **DEPRESSION**

You might withdraw from life, feel numb, live in a fog, and not want to get out of bed

## **BARGAINING**

- A false hope that the reality can be changed
- Guilt often accompanies bargaining

## **ANGER**

- Reality and its pain re-emerge.
- Tend to blame self, the loss, others
- Express your anger. It's a normal step of healing

## **DENIAL**

- Refuse to believe
- Life seemed meaningless
- Normal reaction to rationalize our overwhelming emotions

The best thing you can do is to allow yourself to feel the grief as it comes over you  
Resisting it only will prolong the natural process of healing