



GOOD GRIEF

GOING THROUGH STAGES OF LOSS IS NORMAL.

Grief is a deep sadness that results from a major or minor loss. It can last weeks, months, or years. Understanding the normal stages of grief, the passage of time, and self-care measures treat most cases of grief. Sometimes, counseling is needed.

STAGES OF GRIEF

SHOCK: You feel dazed and numb.

DENIAL AND SEARCHING:

- You are in a state of disbelief.
- You ask, “Why did this happen?” or “Why didn’t I prevent this?”
- You look for ways to keep your loved one or the loss with you.
- You think you see or hear the deceased person.
- You begin to feel that the loss is real.

SUFFERING AND DISORGANIZATION:

- You feel guilty, anxious, depressed, lonely, and afraid.
- You may place blame on everything and everyone.
- You may have headaches, constant fatigue, and/or shortness of breath.
- You withdraw from routine and social contacts.

RECOVERY AND ACCEPTANCE:

- You start seeing a future instead of dwelling on the past.
- You adjust to the reality of the loss.
- You develop new relationships and a positive attitude.

Action Step

If grief keeps you from coping on a daily basis, triggers thoughts of suicide, or causes you to overuse medication or alcohol, seek professional help.

CAUSES OF GRIEF:

- The death of a family member or friend
- A divorce or sending a child off to college
- A new or lost job. A promotion, demotion, or retirement.
- An illness, injury, or disability
- Moving to a new location or loss of property

SELF-CARE:

- Eat regular meals. Do regular exercise.
- Express your emotions to family and friends. Be with others, especially during the holidays.
- Try not to make major life changes, such as moving during the first year of grieving.
- Join a bereavement support group.
- Adopt a pet.
- Read self-help books about dealing with grief and death.