

THINGS TO KNOW ABOUT GRIEF

01.

What is grief?

Grief is something that we experience after a loss. However, this doesn't necessarily mean a loss of a loved one. People may also grieve the loss of a relationship, a home, a job, financial security, good health, and so many other things.



Stages of Grief

The 5 stages of grief are denial, anger, bargaining, depression, and acceptance. While these stages were originally identified in people with terminal illnesses, they are often used to understand grief revolving around many types of loss. It is also important to note that these stages are not linear and not everyone will go through every stage.



02.

Types of Grief

- Anticipatory Grief - grieving before the actual loss
- Abbreviated Grief - grieving a loss quickly
- Delayed Grief - feeling emotions of grief days, weeks, or months later
- Inhibited Grief - repressing emotions felt during grief
- Cumulative Grief - moving through multiple losses at once
- Collective Grief - group of people grieving a loss (i.e. wars, natural disasters, etc.)



03.

Symptoms

Emotions might come in waves and can be a spectrum of different emotions.

Behavioral Changes

- confusion
- trouble thinking
- difficulty focusing

Emotions

- sadness
- guilt
- anger

Physical Symptoms

- fatigue
- restlessness
- weak muscles



04.

How to Cope

Grief can last anywhere from 6 months to 2 years, so how do you cope? Doing things like practicing self-care and following a routine can help you begin to regain a sense of control. Reaching out to others and talking with a therapist can also help with processing your emotions.



05.