



There are many forms of grief. The grief associated with the loss of a loved one tends to be the most intense grief we experience. Grief can occur with any loss we go through in our life, including relationship breakup; losing our health, career or finances; death of our pet; having a family member suffering from a serious illness; losing something of a sentimental value, such as family home.

The grieving process is very individualized and personal such that everyone processes and experiences grief differently. There is no set time limit on the grieving process. In all cases, it is important to cope with grief actively and not ignore it.

Common physical & emotional responses to loss:

- Feeling like you're "going crazy"
- Memory loss and difficulty concentrating
- Irritability & nervousness, confusion
- Crying all the time or not being able to cry
- Disturbed sleep patterns and dreaming, insomnia
- Dehydration, appetite change, weight change
- Social isolation and lack of motivation
- Increased drug, alcohol, tobacco use.
- Anxiety and Depression

Ways of Coping

As part of coping, we need to accept our emotions and know that they are normal. Here are some ways to help.

Reminding ourselves that what we are experiencing is normal and showing ourselves self-compassion

Connecting with others and seeking social support such as joining a support group to talk about our pain, our suffering and the loss and the emotions we experience.

Engaging in self-care such as trying to eat healthy meals and at regular times; engaging in some daily exercise; engaging in a proper sleep routine.

Seek counseling services if we feel we need extra supports to help us cope with our feelings of grief.

