

## 1: Difference Between Grief and Mourning

*While grief is the emotional reaction/response to loss, mourning is the process one undertakes to deal with the void that is now left. Mourning is the process of acclimating to living a life without this special someone or something.*

As expected, the stages would present themselves differently in grief. In our book, *On Grief and Grieving* we present the adapted stages in the much needed area of grief. The stages have evolved since their introduction and have been very misunderstood over the past four decades. They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss as there is no typical loss. The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief. Not everyone goes through all of them or in a prescribed order. At times, people in grief will often report more stages. Just remember your grief is as unique as you are. It helps us to survive the loss. In this stage, the world becomes meaningless and overwhelming. Life makes no sense. We are in a state of shock and denial. We wonder how we can go on, if we can go on, why we should go on. We try to find a way to simply get through each day. Denial and shock help us to cope and make survival possible. Denial helps us to pace our feelings of grief. There is a grace in denial. As you accept the reality of the loss and start to ask yourself questions, you are unknowingly beginning the healing process. You are becoming stronger, and the denial is beginning to fade. But as you proceed, all the feelings you were denying begin to surface. Be willing to feel your anger, even though it may seem endless. The more you truly feel it, the more it will begin to dissipate and the more you will heal. There are many other emotions under the anger and you will get to them in time, but anger is the emotion we are most used to managing. The truth is that anger has no limits. It can extend not only to your friends, the doctors, your family, yourself and your loved one who died, but also to God. Underneath anger is pain, your pain. It is natural to feel deserted and abandoned, but we live in a society that fears anger. Anger is strength and it can be an anchor, giving temporary structure to the nothingness of loss. At first grief feels like being lost at sea: Suddenly you have a structure – your anger toward them. The anger becomes a bridge over the open sea, a connection from you to them. It is something to hold onto; and a connection made from the strength of anger feels better than nothing. We usually know more about suppressing anger than feeling it. The anger is just another indication of the intensity of your love. Then can I wake up and realize this has all been a bad dream? We want life returned to what it was; we want our loved one restored. We want to go back in time: We may even bargain with the pain. We will do anything not to feel the pain of this loss. We remain in the past, trying to negotiate our way out of the hurt. People often think of the stages as lasting weeks or months. They forget that the stages are responses to feelings that can last for minutes or hours as we flip in and out of one and then another. We do not enter and leave each individual stage in a linear fashion. We may feel one, then another and back again to the first one. Empty feelings present themselves, and grief enters our lives on a deeper level, deeper than we ever imagined. This depressive stage feels as though it will last forever. It is the appropriate response to a great loss. We withdraw from life, left in a fog of intense sadness, wondering, perhaps, if there is any point in going on alone? Why go on at all? Depression after a loss is too often seen as unnatural: The loss of a loved one is a very depressing situation, and depression is a normal and appropriate response. To not experience depression after a loved one dies would be unusual. If grief is a process of healing, then depression is one of the many necessary steps along the way. This is not the case. This stage is about accepting the reality that our loved one is physically gone and recognizing that this new reality is the permanent reality. We will never like this reality or make it OK, but eventually we accept it. We learn to live with it. It is the new norm with which we must learn to live. We must try to live now in a world where our loved one is missing. In resisting this new norm, at first many people want to maintain life as it was before a loved one died. In time, through bits and pieces of acceptance, however, we see that we cannot maintain the past intact. It has been forever changed and we must readjust. We must learn to reorganize roles, re-assign them to others or take them on ourselves. Finding acceptance may be just having more good days than bad

ones. As we begin to live again and enjoy our life, we often feel that in doing so, we are betraying our loved one. We can never replace what has been lost, but we can make new connections, new meaningful relationships, new inter-dependencies. Instead of denying our feelings, we listen to our needs; we move, we change, we grow, we evolve. We may start to reach out to others and become involved in their lives. We invest in our friendships and in our relationship with ourselves. We begin to live again, but we cannot do so until we have given grief its time.

### 2: Grief: MedlinePlus Medical Encyclopedia

*While grief is a perfectly natural and normal response to painful events, some people find it difficult to move on and resume their normal lives despite the passage of time.*

But, the fact is, there really is a very important difference between them. Grief tends to follow a common pattern of emotional states, such as shock, confusion, denial, anger, sadness, rage, depression, isolation, to name a few, andâ€not always in that order. If grief is experienced fully and allowed to unfold naturally, the process gradually leads one to some sort of acceptance and peace with the matter. If a death has been sudden or completely unexpected, comprehension is even more of a struggle, for we operate as if death is somewhere, clear out there, far off on the horizon. Loss is not just about losing someone we love, to death. We may experience intense loss from losing a relationship, our sense of self, our job, our home, our freedom, our health, our dreams or a limb, among many other things that we hold precious and important. Whether great or small losses to us, these examples can seem like a death, that will require a certain amount of grief and mourning, to be determined by the individual who is experiencing the loss. But whatever the loss, remember to give yourself some space to heal properly. Many emotions will surface, to be explored. From my experience, feeling these emotions is much easier than trying to survive them by pushing them under. Buried emotions never rest in peace; like zombies, waiting quietly and thought dead, they will raise themselves up again at the first chance of provocation. Although we may never completely stop feeling our loss, with time, the frequency and intensity of our pain, and our grief response to it, will diminish considerably. In fact, going through a healthy grieving process, however painful, allows us the excellent chance to heal, as grief is itself a medicine. Grief is a medicine that heals the pain from loss. Mourning is the process of acclimating to living a life without this special someone or something. It is period of adapting to the changes created by this loss. Although this may not make sense right now, the mourning period is a very sacred, holy and beautiful time to experience, if you allow yourself this. It is a time to love deeper than you ever thought possible. It is a time to remember. It is a time for clarity. It is a time to gain wisdom and compassion. It is a time to learn and stretch. Mourning is a time to feel, deal and heal from the inside out. It is a time to experience the pain from the emotional energy of your loss, until it has completely moved through you, and dissipated. Grief and mourning are two very important and valuable self-healing tools that overlap at many times, even long after the loss. Blessings of love, healing and profound growth your way. Dear Jade, I really enjoyed reading your wonderful insights on the differences between grief and mourning! Blessings of love, healing and profound growth your way as well!

### 3: 38 Grief Poems - Comforting Poems For Grief and Loss

*Grief Recovery Related Materials and Resources. In an effort to better serve clients, colleagues, and the general public, the Center for Grief Recovery (the Center) is providing a free website-based bibliographic resource to broaden and deepen your knowledge and access to grief recovery related materials.*

Unfortunately, if you are experiencing profound shock, sadness, confusion and pain, just to name a few of those devastating emotions, then, you are in the right place. Grief If you have suffered the loss of being separated from a loved one, I want to start out by expressing my condolences for your loss. The enormous grief that arises after such an event, can be quite devastating. I remember the shock, confusion, pain and the feelings of isolation so well, and my heart goes out to you. But now, as you are forced to navigate the grief process in which you have found yourself deeply immersed, I want you to know that, although it really feels like it, you are not alone on your grief process journey. Many people are experiencing those same miserable emotions. Besides those around you that may be grieving the same one that you are grieving, there are millions of people, worldwide, that are going through this process to some degree or another. In other words, however devastating loss can be to any individual, it is not personal, even though it personally affects them. We watch their delightful demeanor, which can seem almost frivolous compared to the horror that we are faced with. Finding yourself in this new-found place of painful emotions can be challenging to deal with. There are a lot of different and difficult emotions to feel and sometimes they come at us all at once. Because of our loss, there are many deep changes that are brutally forced upon us. The emotional waters are rough now- where all was once calm. There is the total upheaval of our lives and every single thing in it. There is mass confusion as the brain tries to make sense of what happened and why. There is the death of future plans and dreams, and the horizon? It resembles a dark, bleak ghost of a vision of what might have been. There is serious and debilitating pain to face. Before you begin to heal, there will be a lot of mental and emotional layers to peel off. And in the end only you can totally heal it by moving through your process. Although you may be surrounded by other grievers, not everyone responds to a loss or the emotions of a loss the same exact way. One day you might feel as though you can handle things, the next day you are in breakdown mode again, just like you were when your loss was new. These are the layers I am talking about. Like a wound that is programmed to heal up, it does so a layer at a time. We cannot rush it. Although you are in considerable pain at times, be where you are, without trying to fix or change it. Allow that wound to heal by itself. Grief is a individual thing. The grief process moves at the speed that it does for each one. While some can move through it quickly, other processes can be quite slow. While you go through the many stages of your own personal grief process, it is important to know that you are grieving the only way YOU can. No two grievers are alike. However you are grieving though, is just fine, even if someone thinks you should be grieving differently. Grief is a natural way to deal with that loss, and when it happens in our lives, we are compelled to face the worst thing imaginable death. Just like our happiest times, which we may experience when our lives are happy and full, sorrow derived from a loss is a huge part of our life experience that can seldom be avoided, for death is a natural part of life itself. But, we know that this does not work. The thing is, the grief process is personal and requires space and time to go through. Take all the time that you need in order to heal yourself and your life. There will be days when the grief is manageable, only to be hit with a wall of sudden intense emotional pain the next minute. Sure, there is a lot of advice out there on how you should grieve, but the most important person to listen to, is yourself. It does take a considerable amount of courage, but as so many people have survived the process before, I know you can get through it, too. I wish I could tell you differently, but living in the world that we do, there is no way around experiencing loss. Because of that, there is no way around experiencing the grief from that loss. But the most amazing thing our brain is capable of doing, is to heal. The way forward from the pain of your loss is the Grief Process. If you allow yourself patience, compassion and courage, you will get through it with time. Although you will always love and miss your loved one, to get to the end of the Grief Process is to heal the pain of that loss. May you heal with grace, and emerge a wiser, stronger and more beautiful you. And yes, you are grieving right.

### 4: Grief and Mourning: The Grieving Process - How to Write a Eulogy

*The stages of grief and mourning are universal and are experienced by people from all walks of life, across many cultures. Mourning occurs in response to an individual's own terminal illness.*

The Grieving Process Grief and Mourning: The Grieving Process Help! Regardless of whether the person we lost suffered from a long illness, and his or her passing was anticipated, or if the loss was sudden, the grieving process can be an extremely difficult path to navigate. Grief and Mourning – The Grieving Process We each grieve and mourn how we grieve publicly in our own way, based on a number of factors, including the following: The type of relationship we had with the deceased The circumstances surrounding their death Our own life experiences and coping skills The amount of support we have Our social and financial position Our cultural and religious background Regardless of how differently we grieve and mourn, however, there are some steps in the grieving process that are fairly universal. When you know a little more about what to expect as you work your way through the grief, it can be a little easier to bear. During all of the stages, a feeling of depression can take hold. Numbness and Disbelief The loss of a loved one, particularly if the death is sudden, is the most profound kind of loss we can experience. We naturally have a difficult time comprehending such profound and sudden loss and, as a result, we may initially feel physical and emotional numbness. This is a coping mechanism intended to give us time to process what has happened and will eventually lead us to the next stage, which is emotions. Emotions Once the shock of the loss has worn off, we are left to deal with the emotions surrounding it. We may feel rage and anger, or just deep sadness. This is always the step in the grieving process that leaves us feeling the most uneasy. If you find yourself unable to move through anger or feelings of depression, or if you feel despondent, contact a counselor, clergyman, or close friend or family member right away. There are healthy ways to work through your grief. During the bargaining stage, we are focused on the past because it may still seem too painful to move forward. Eventually, the bargaining stage may move toward a feeling of hope that one day we will see our loved one again. Acceptance When we accept the loss, it means that we are trying to move forward. Nor does acceptance mean that we are no longer saddened by the loss. This can be especially true on important dates, like anniversaries, birthdays, and holidays. Sometimes the stage of acceptance finds us withdrawing in an effort to begin rebuilding our lives after the loss. Acceptance is the stage where we find ourselves moving forward. Some people never reach this stage and, if you find yourself in that position, consider joining a support group, consulting a clergyman or counselor, or confiding in a close friend or family member.

### 5: Grief Recovery Resources | The Center for Grief Recovery

*Mourning is the shared, social response to loss, or "grief gone public." Mourning takes our internal grief and externalizes it in the form of an action, a symbol, a ceremony, or a ritual that activates social support.*

Back to Life The final stage model we have included is the "7 stages of grief". Once again, it is important to interpret the stages loosely, and expect much individual variation. There is no neat progression from one stage to the next. In reality, there is much looping back, or stages can hit at the same time, or occur out of order. So why bother with stage models at all? Because they are a good general guide of what to expect. For example, generally, a long period of "depression" not clinical depression, isolation, and loneliness happen late in the grief process, months after the tragedy strikes. It actually is normal and expected for you to be very depressed and sad eight months later. Outsiders do not understand this, and feel that it should be time for you to "get over it" and rejoin the land of the living. Just knowing that your desire to be alone with your sad reflections at this time is normal will help you deal with outside pressures. You are acting normally. You may deny the reality of the loss at some level, in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once. This may last for weeks. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs. Life feels chaotic and scary during this phase. Please try to control this, as permanent damage to your relationships may result. This is a time for the release of bottled up emotion. You may rail against fate, questioning "Why me? This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving. During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair. More 7 stages of grief Your physical symptoms lessen, and your "depression" begins to lift slightly. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her. Acceptance does not necessarily mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. But you will find a way forward. You will start to look forward and actually plan things for the future. Eventually, you will be able to think about your lost loved one without pain; sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living. You have made it through the 7 stages of grief. Our Personal Grief Guidebook might be just the help you are looking for. Read more about this most useful and practical recovery guide here: In addition to the written guidebook, we also offer a unique audio program to help with grief coping and relaxation. If you think an audio approach might be helpful, consider this program:

### 6: 7 STAGES OF GRIEF

*Grief and Mourning Basics Loss is never easy, but learning about the normal, necessary process of grief and mourning can help. Here at the Center for Loss and Life Transition, it's our mission to support grieving people and grief caregivers.*

Weight loss or weight gain Aches and pains Insomnia Seek support for grief and loss The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself. Turn to friends and family members. Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. They may feel unsure about how to comfort you and end up saying or doing the wrong things. Draw comfort from your faith. If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. Join a support group. Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the Resources section below.

**How to Choose** Talk to a therapist or grief counselor. If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving. As well as allowing you to impart practical information, such as funeral plans, these pages allow friends and loved ones to post their own tributes or condolences. Reading such messages can often provide comfort for those grieving the loss. Of course, posting sensitive content on social media has its risks. Memorial pages are often open to anyone with a Facebook account. This may encourage people who hardly knew the deceased to post well-meaning but inappropriate comments or advice. Worse, memorial pages can also attract Internet trolls. There have been many well-publicized cases of strangers posting cruel or abusive messages on memorial pages. To gain some protection, you can opt to create a closed group on Facebook rather than a public page, which means people have to be approved by a group member before they can access the memorial. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems. Express your feelings in a tangible or creative way. Write about your loss in a journal. Try to maintain your hobbies and interests.

**How to Start Exercising and Stick to It: Making Exercise Enjoyable** Look after your physical health. The mind and body are connected. Combat stress and fatigue by getting enough sleep, eating right, and exercising. For help facing up to and managing distressing emotions like grief These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships. Symptoms of complicated grief include: But with the right guidance, you can make healing changes and move on with your life. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. With depression, on the other hand, the feelings of emptiness and despair are constant.

**Depression Symptoms and Warning Signs: Recognizing Depression and Getting Help** Other symptoms that suggest depression, not just grief, include: As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that must be worked through eventually, antidepressants delay the mourning process. Instead, there are other steps you can take to deal with depression and regain your sense of joy in life. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But

## GRIEF AND MOURNING pdf

treatment can help you get better. Contact a grief counselor or professional therapist if you: In the UK, call 90 90 In Australia, call 13 11 Or visit IASP to find a helpline in your country. Recommended reading Grief and Loss:

*The Difference between Grief, Mourning, and Bereavement.* by Kimberlee Bow, MA, LPC, R-DMT, CT NILMDS  
Community Outreach. These three words are often heard and yet many times their true meaning gets lost.

For some, the experience may lead to personal growth, even though it is a difficult and trying time. There is no right or wrong way to cope with the passing of a loved one. The way a person grieves depends on the personality of that person and the relationship with the person who has died. How a person copes with grief is affected by many factors: What is the difference between grief, bereavement and mourning? The terms grief, bereavement and mourning are often used in place of each other, but they have different meanings. Grief is the normal process of reacting to the loss. Grief reactions may be felt in response to physical losses for example, a death or in response to symbolic or social losses for example, divorce or loss of a job. Each type of loss means the person has had something taken away. As a family goes through a life-threatening or chronic illness, many losses are experienced, and each triggers its own grief reaction. Grief may be experienced as a mental, physical, social or emotional reaction. Mental reactions can include anger, guilt, anxiety, sadness and despair. Physical reactions can include sleeping problems, changes in appetite, physical problems or illness. Social reactions can include feelings about taking care of others in the family, seeing family or friends or returning to work. Grief may be described as the presence of physical problems, constant thoughts of the person who died, guilt, hostility and a change in the way one normally acts. Bereavement is the period after a loss during which grief is experienced and mourning occurs. The time spent in a period of bereavement depends on how attached the person was to the person who died, and how much time was spent anticipating the loss. Mourning is the process by which people adapt to a loss. These processes include separating from the person who died, readjusting to a world without him or her, and forming new relationships. To separate from the person who died, a person must find another way to redirect the emotional energy that was given to the loved one. This does not mean the person was not loved or should be forgotten, but that the mourner needs to turn to others for emotional satisfaction. The mourner must give other people or activities the emotional energy that was once given to the person who died in order to redirect emotional energy. People who are grieving often feel extremely tired because the process of grieving usually requires physical and emotional energy. The grief they are feeling is not just for the person who died, but also for the unfulfilled wishes and plans for the relationship with the person. Death often reminds people of past losses or separations. Mourning may be described as having three phases, including the urge to bring back the person who died, disorganization and sadness, and reorganization. Understanding how other people cope with a life-threatening illness may help the patient and his or her family prepare to cope with their own illness. A life-threatening illness may be described as having four phases, including the phase before the diagnosis, the acute phase, the chronic phase, and recovery or death. The phase before the diagnosis of a life-threatening illness is the period of time just before the diagnosis when a person realizes that he or she may develop an illness. This phase is not usually a single moment but extends throughout the period when the person has a physical examination, including various tests, and ends when the person is told of the diagnosis. The acute phase occurs at the time of the diagnosis when a person is forced to understand the diagnosis and make decisions about his or her medical care. The chronic phase is the period of time between the diagnosis and the result of treatment. It is the period of time when a patient tries to cope with the demands of life while also undergoing treatment and coping with the side effects of treatment. In the recovery phase, people cope with the mental, social, physical, religious and financial effects of the disease. The focus then changes from curing the illness or prolonging life to providing comfort and relief from pain. Religious concerns are often the focus during this time. How might the terminal phase of a fatal illness affect families? People who are dying may move toward death over longer or shorter periods of time and in different ways. Different causes of death result in different paths toward death. The pathway to death may be long and slow, sometimes lasting years, or it may be a rapid fall toward death for example, after a car accident when the chronic phase of the illness, if it exists at all, is short. Another pathway to death may be described as a long, slow period of failing health and then a period of stable health for example, patients whose health gets worse

and then stabilizes at a new, more limiting level. Patients on this pathway must readjust to losses in functioning ability. What is anticipatory grief? Anticipatory grief is the normal mourning that occurs when a patient or family is expecting a death. Anticipatory grief has many of the same symptoms as those experienced after a death has occurred. It includes all of the thinking, feeling, cultural and social reactions to an expected death that are felt by the patient and family. Anticipatory grief includes depression, extreme concern for the dying person, preparing for the death and adjusting to changes caused by the death. Anticipatory grief gives the family more time to slowly get used to the reality of the loss. Anticipatory grief may not always occur. Anticipatory grief does not mean that before the death, a person feels the same kind of grief as the grief felt after a death. There is not a set amount of grief that a person will feel. The grief experienced before a death does not make the grief after the death last a shorter amount of time. Grief that follows an unplanned death is different from anticipatory grief. Unplanned loss may overwhelm the coping abilities of a person, making normal functioning impossible. Mourners may not be able to realize the total impact of their loss. Even though the person recognizes that the loss occurred, he or she may not be able to accept the loss mentally and emotionally. Following an unexpected death, the mourner may feel that the world no longer has order and does not make sense. Some people believe that anticipatory grief is rare. Expecting the loss often makes the attachment to the dying person stronger. Although anticipatory grief may help the family, the dying person may experience too much grief, causing the patient to become withdrawn. What are the phases of grief? The process of bereavement may be described as having four phases: Family members find it difficult to believe the death; they feel stunned and numb. Survivors experience separation anxiety and cannot accept the reality of the loss. They try to find and bring back the lost person and feel ongoing frustration and disappointment when this is not possible. Family members feel depressed and find it difficult to plan for the future. They are easily distracted and have difficulty concentrating and focusing. Survivors begin to accept their loss and to establish new ties to others, with a gradual return of interests and activities. What kind of help is available for people who have difficulty coping with grief? Most of the support that people receive after a loss comes from friends and family. Doctors and nurses may also be a source of support. For people who experience difficulty in coping with their loss, grief counseling or grief therapy may be necessary and helpful. Grief counseling helps mourners with normal grief reactions work through the tasks of grieving. Grief counseling can be provided by professionally trained people, or in self-help groups where bereaved people help other bereaved people. All of these services may be available in an individual or group setting. It is important to remember that everyone deals with grief differently and seeking help from a grief counselor is in no way a sign of weakness. The goals of grief counseling include: Helping the bereaved to accept the loss by helping him or her to talk about the loss Helping the bereaved to identify and express feelings related to the loss for example, anger, guilt, anxiety, helplessness and sadness Helping the bereaved to live without the person who died and to make decisions alone Helping the bereaved to separate emotionally from the person who died and to begin new relationships Providing support and time to focus on grieving at important times such as birthdays and anniversaries Describing normal grieving and the differences in grieving among individuals Providing continuous support Helping the bereaved to understand his or her methods of coping Identifying coping problems the bereaved may have and making recommendations for professional grief therapy What is grief therapy and how might it help? Grief therapy is used with people who have more serious grief reactions. The goal of grief therapy is to identify and solve problems the mourner may have in separating from the person who died. When separation difficulties occur, they may appear as physical or behavior problems, delayed or extreme mourning, conflicted or extended grief, or unexpected mourning. Grief therapy may be available as individual or group therapy. A contract is set up with the individual that establishes the time limit of the therapy, the fees, the goals, and the focus of the therapy. In grief therapy, the mourner talks about the deceased and tries to recognize whether he or she is experiencing an expected amount of emotion about the death. Grief therapy may allow the mourner to see that anger, guilt or other negative or uncomfortable feelings can exist at the same time as more positive feelings about the person who died. Human beings tend to make strong bonds of affection or attachment with others. When these bonds are broken, as in death, a strong emotional reaction occurs. After a loss occurs, a person must accomplish certain tasks to complete the process of grief. These

basic tasks of mourning include accepting that the loss happened, living with and feeling the physical and emotional pain of grief, adjusting to life without the loved one, and emotionally separating from the loved one and going on with life without him or her. It is important that these tasks are completed before mourning can end. In grief therapy, six tasks may be used to help a mourner work through grief: Develop the ability to experience, express and adjust to painful grief-related changes Find effective ways to cope with painful changes Establish a continuing relationship with the person who died Stay healthy and keep functioning Re-establish relationships and understand that others may have difficulty empathizing with the grief they experience Develop a healthy image of oneself and the world Complications in grief may come about due to uncompleted grief from earlier losses. The grief for these earlier losses must be managed in order to handle the current grief. Grief therapy includes dealing with the blockages to the mourning process, identifying unfinished business with the deceased, and identifying other losses that result from the death. The bereaved is helped to see that the loss is final and to picture life after the grief period. What is complicated grief? Complicated grief reactions require more complex therapies than uncomplicated grief reactions. Adjustment disorders especially depressed and anxious mood or disturbed emotions and behavior , major depression, substance abuse, and even post-traumatic stress disorder are some of the common problems of complicated bereavement. Complicated grief is identified by the extended length of time of the symptoms, the interference caused by the symptoms, or the intensity of the symptoms for example, intense suicidal thoughts or acts.

### 8: Five Stages of Grief by Elisabeth Kubler Ross & David Kessler

*Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships.*

Despair Guilt These feelings are normal and common reactions to loss. You may not be prepared for the intensity and duration of your emotions or how swiftly your moods may change. You may even begin to doubt the stability of your mental health. But be assured that these feelings are healthy and appropriate and will help you come to terms with your loss. It takes time to fully absorb the impact of a major loss. You never stop missing your loved one, but the pain eases after time and allows you to go on with your life. Mourning A Loved One It is not easy to cope after a loved one dies. You will mourn and grieve. Mourning is the natural process you go through to accept a major loss. Mourning may include religious traditions honoring the dead or gathering with friends and family to share your loss. Mourning is personal and may last months or years. Grieving is the outward expression of your loss. Your grief is likely to be expressed physically, emotionally, and psychologically. For instance, crying is a physical expression, while depression is a psychological expression. It is very important to allow yourself to express these feelings. Often, death is a subject that is avoided, ignored or denied. At first it may seem helpful to separate yourself from the pain, but you cannot avoid grieving forever. Someday those feelings will need to be resolved or they may cause physical or emotional illness. Many people report physical symptoms that accompany grief. Stomach pain, loss of appetite, intestinal upsets, sleep disturbances and loss of energy are all common symptoms of acute grief. Existing illnesses may worsen or new conditions may develop. Profound emotional reactions may occur. These reactions include anxiety attacks, chronic fatigue, depression and thoughts of suicide. An obsession with the deceased is also a common reaction to death. Dealing with a Major Loss The death of a loved one is always difficult. Your reactions are influenced by the circumstances of a death, particularly when it is sudden or accidental. Your reactions are also influenced by your relationship with the person who died. Parents may also feel that they have lost a vital part of their own identity. The death may necessitate major social adjustments requiring the surviving spouse to parent alone, adjust to single life and maybe even return to work. At this time, feelings of loneliness may be compounded by the death of close friends. They may leave the survivors with a tremendous burden of guilt, anger and shame. Survivors may even feel responsible for the death. Seeking counseling during the first weeks after the suicide is particularly beneficial and advisable. Living with Grief Coping with death is vital to your mental health. It is only natural to experience grief when a loved one dies. The best thing you can do is allow yourself to grieve. There are many ways to cope effectively with your pain. Seek out caring people. Find relatives and friends who can understand your feelings of loss. Join support groups with others who are experiencing similar losses. Tell others how you are feeling; it will help you to work through the grieving process. Take care of your health. Maintain regular contact with your family physician and be sure to eat well and get plenty of rest. Be aware of the danger of developing a dependence on medication or alcohol to deal with your grief. Accept that life is for the living. It takes effort to begin to live again in the present and not dwell on the past. Postpone major life changes. Try to hold off on making any major changes, such as moving, remarrying, changing jobs or having another child. You should give yourself time to adjust to your loss. It can take months or even years to absorb a major loss and accept your changed life. Seek outside help when necessary. If your grief seems like it is too much to bear, seek professional assistance to help work through your grief. Allow them " even encourage them " to talk about their feelings of loss and share memories of the deceased. Baby-sitting, cooking and running errands are all ways to help someone who is in the midst of grieving. Remember that it can take a long time to recover from a major loss. Make yourself available to talk. Encourage professional help when necessary. Helping Children Grieve Children who experience a major loss may grieve differently than adults. Limited understanding and an inability to express feelings puts very young children at a special disadvantage. Young children may revert to earlier behaviors such as bed-wetting , ask questions about the deceased that seem

insensitive, invent games about dying or pretend that the death never happened. Instead, talk honestly with children, in terms they can understand. Take extra time to talk with them about death and the person who has died. Help them work through their feelings and remember that they are looking to adults for suitable behavior. Looking to the Future Remember, with support, patience and effort, you will survive grief. Some day the pain will lessen, leaving you with cherished memories of your loved one.

### 9: The 5 Stages of Grief & Loss

*Grief is a natural response to losing someone or something that's important to you. You may feel a variety of emotions, like sadness or loneliness. And you might experience it for a number of.*

Denial and isolation; 2. People who are grieving do not necessarily go through the stages in the same order or experience all of them. The stages of grief and mourning are universal and are experienced by people from all walks of life, across many cultures. In our bereavement, we spend different lengths of time working through each step and express each stage with different levels of intensity. The five stages of loss do not necessarily occur in any specific order. We often move between stages before achieving a more peaceful acceptance of death. Many of us are not afforded the luxury of time required to achieve this final stage of grief. The death of your loved one might inspire you to evaluate your own feelings of mortality. Throughout each stage, a common thread of hope emerges: As long as there is life, there is hope. As long as there is hope, there is life. Many people do not experience the stages of grief in the order listed below, which is perfectly okay and normal. The key to understanding the stages is not to feel like you must go through every one of them, in precise order. Please keep in mind that everyone grieves differently. Some people will wear their emotions on their sleeve and be outwardly emotional. Others will experience their grief more internally, and may not cry. You should try and not judge how a person experiences their grief, as each person will experience it differently. It is a normal reaction to rationalize our overwhelming emotions. Denial is a common defense mechanism that buffers the immediate shock of the loss, numbing us to our emotions. We block out the words and hide from the facts. We start to believe that life is meaningless, and nothing is of any value any longer. For most people experiencing grief, this stage is a temporary response that carries us through the first wave of pain. Anger As the masking effects of denial and isolation begin to wear, reality and its pain re-emerge. We are not ready. The intense emotion is deflected from our vulnerable core, redirected and expressed instead as anger. The anger may be aimed at inanimate objects, complete strangers, friends or family. Anger may be directed at our dying or deceased loved one. Rationally, we know the person is not to be blamed. Emotionally, however, we may resent the person for causing us pain or for leaving us. We feel guilty for being angry, and this makes us more angry. The doctor who diagnosed the illness and was unable to cure the disease might become a convenient target. Health professionals deal with death and dying every day. That does not make them immune to the suffering of their patients or to those who grieve for them. Arrange a special appointment or ask that he telephone you at the end of his day. Ask for clear answers to your questions regarding medical diagnosis and treatment. Understand the options available to you. If only we had sought medical attention sooner! If only we got a second opinion from another doctor! If only we had tried to be a better person toward them! This is an attempt to bargain. Secretly, we may make a deal with God or our higher power in an attempt to postpone the inevitable, and the accompanying pain. This is a weaker line of defense to protect us from the painful reality. Guilt often accompanies bargaining. We start to believe there was something we could have done differently to have helped save our loved one. Depression There are two types of depression that are associated with mourning. The first one is a reaction to practical implications relating to the loss. Sadness and regret predominate this type of depression. We worry about the costs and burial. We worry that, in our grief, we have spent less time with others that depend on us. This phase may be eased by simple clarification and reassurance. We may need a bit of helpful cooperation and a few kind words. The second type of depression is more subtle and, in a sense, perhaps more private. It is our quiet preparation to separate and to bid our loved one farewell. Sometimes all we really need is a hug. Acceptance Reaching this stage of grieving is a gift not afforded to everyone. Death may be sudden and unexpected or we may never see beyond our anger or denial. It is not necessarily a mark of bravery to resist the inevitable and to deny ourselves the opportunity to make our peace. This phase is marked by withdrawal and calm. This is not a period of happiness and must be distinguished from depression. Loved ones that are terminally ill or aging appear to go through a final period of withdrawal. This is by no means a suggestion that they are aware of their own impending death or such, only that physical decline may be sufficient to produce a similar response. Their

behavior implies that it is natural to reach a stage at which social interaction is limited. The dignity and grace shown by our dying loved ones may well be their last gift to us. But others can be there for you and help comfort you through this process. 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.

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