



# Understanding Grief: A Guide to the Grieving Process

**What is Grief?** Grief is a natural response to loss, and it can present itself in several different ways. It can be provoked by a loved one's death, a divorce or break-up, the loss of a career or a house, or any substantial shift or transition.

## The 5 Stages of Grief



**Denial:** It can be difficult to recognise and accept that a loss has occurred at first.



**Anger:** Once reality settles in, it is natural to become angry about what has happened.



**Bargaining:** Attempting to bargain with a higher power to reverse the loss is usual.



**Depression:** This stage is characterised by sadness, guilt, and a sense of hopelessness.



**Acceptance:** This stage entails adjusting to with the loss and starting to move on.

## Coping Strategies for Grief

**Express your emotions:** It is important to express your emotions and communicate your feelings to others.

**Look after yourself:** Eating right, getting enough sleep, and exercising can all help you feel better.

**Get help:** Grief can be isolating, but support from friends, family, or a therapist can help you feel less alone.

**Honour and remember your loved one:** Look for methods to honour and remember the person you've lost.

## When to Seek Professional Help

Grieving can be a lengthy and challenging process, and professional assistance is sometimes required.

Seek professional assistance if your grief is **interfering with your daily life** or if you are having difficulty coping.



## 5 Ways You can Support Someone Who is Grieving

#1

**Be Present:** Just being there for the individual who is grieving can be beneficial.

#2

**Practical assistance:** Going grocery shopping, cooking a meal, or running errands might be tough while grieving. Try lending a hand where you are able.

#3

**Listen (without passing judgement):** Allow the person to express their emotions without attempting to correct them.

#4

**Check in:** The grieving process is often a long process, so check in on the person on a regular basis.

#5

**Be patient:** Grief takes time, and it's critical to offer support as they travel their own path.

## Things to Remember

Supporting someone who is grieving is not about healing their suffering or taking away their loss.

Mourning is a natural and difficult process, but it is crucial to realise that it is possible to move on and find happiness again.

Keep in mind that everyone grieves in their own unique way, and there is no right or wrong way to grieve.