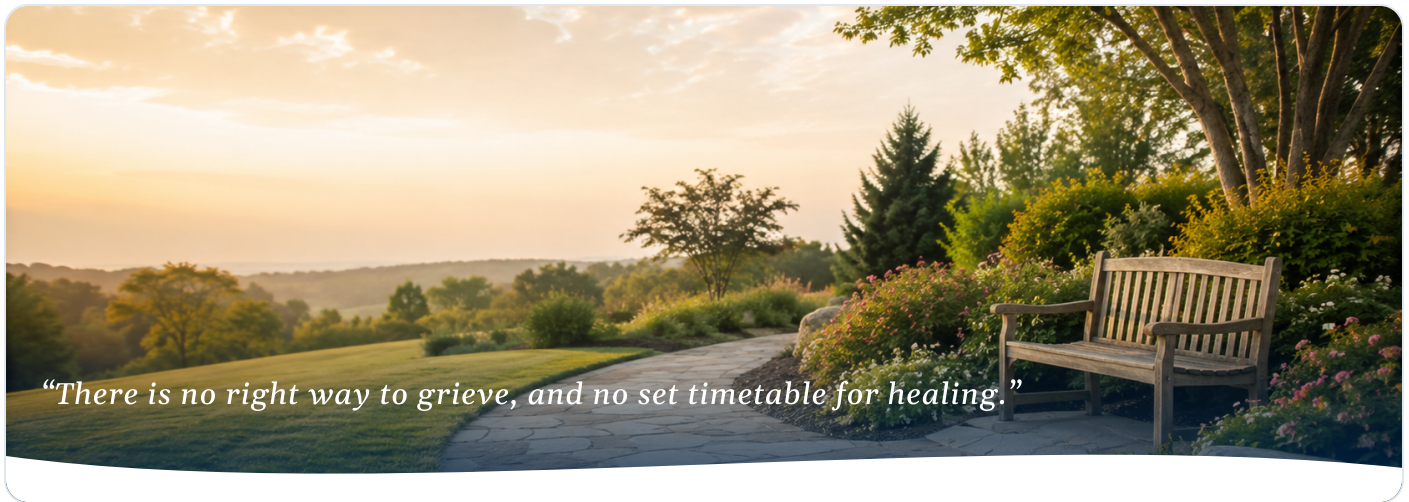




UNDERSTANDING LOSS

Grief and Mourning



What Is Grief?

Grief is the normal, emotional response to a loss. Each person grieves in their own way — there is no right way, and no specific timetable. While often tied to death, grief also follows losses like illness, divorce, the loss of a pet, changing roles, or unmet dreams.

What Is Mourning?

Mourning is the outward expression of grief — the rituals and customs such as funerals, viewing, cremation, and remembrance. Each religion, culture, and community may express mourning differently, and every expression is valid.

Reactions You May Expect

Grief affects behavior, emotions, and both mental and physical well-being. These reactions are normal.

PHYSICAL

- Tightness in chest and throat, breathlessness
- Headaches and dizziness

THOUGHTS

- Disbelief and shock
- Confusion, difficulty concentrating

EMOTIONS

- Sadness or helplessness
- Anger — at God, family, providers, or the person who died

- Exhaustion or weakness
- Dry mouth
- Muscle aches
- Hallucinations
- Preoccupation with the deceased
- Shock, guilt, or anxiety
- Numbness, yearning, shame, fear

Helping the Healing Process

- ✓ Give yourself permission to grieve
- ✓ Keep one close, trusted person to share feelings with
- ✓ Don't push yourself to make big changes too quickly
- ✓ Learn about the normal grief process
- ✓ Get plenty of rest, exercise, and eat a healthy diet
- ✓ Consider keeping a journal of your feelings
- ✓ Build a memory book — an active way to heal
- ✓ Attend a community grief support group

What should be reported. Please reach out if you notice persistent, intense grief months after the loss; thoughts of suicide, self-harm, or harming others; social isolation; unplanned weight change; or increased use of alcohol or drugs.



You don't have to walk this alone

Our bereavement services are offered to patient families and loved ones for up to **13 months** after the death of the patient.

(313) 551-
4626

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