

Coping with Grief and Loss

Objectives

- Define grief, bereavement and mourning
- Describe the experience of grief
- Identify how to care for yourself as you grieve

What is Grief?

- Grief is a natural response to loss. It is a complex set of behaviors that can include feelings of sadness, anger, guilt, and confusion.
- Mourning is the process of adapting to life after a loss. It is not just about sadness. It is also about adjusting to a new reality and finding a new way to live.
- Bereavement is the period of mourning following a death, especially of someone close. The word "bereavement" literally means "being deprived or robbed."

"It is a journey, not a destination.

It is a time of profound change and transformation.

It is a time of learning to live with a new reality.

It is a time of finding new meaning and purpose in life.

It is a time of healing."

– Dr. Alan Wolfelt

The experience of Grief

Grief is a unique experience for everyone.
There is no right or wrong way to grieve.

Common feelings include:

- Sadness
- Anger
- Guilt
- Confusion
- Loneliness
- Fatigue

Physical symptoms include:

- Changes in appetite
- Sleep disturbances
- Headaches
- Stomachaches
- Sighing

Grief can also have an impact on your relationships, work and overall wellbeing.

Myths about Grief

Myth: There are five stages of grief.

Fact: Grief is a complex process that does not follow a linear pattern.

Myth: You should get over your grief quickly.

Fact: There is no timetable for grief. It takes time to heal from a loss.

Myth: You should not talk about your grief.

Fact: Talking about your grief can help you to understand and process your emotions.

Caring for Yourself

It is important to take care of yourself physically and emotionally as you grieve.

- Eat healthy foods
- Get enough sleep
- Exercise regularly
- Be open about your grief
- Seek professional help if needed

Special Considerations for Holidays and Anniversaries

- Holidays and anniversaries can be a painful reminder of the absence of a loved one.
- Be prepared and set realistic expectations for yourself.
- Acknowledge your feelings and allow yourself to grieve.
- Create new traditions.

Resources for Support

- Counseling
- Support groups
 - Funeral Home
 - Hospice
 - Religious community
 - Specialty groups
- Online resources
 - [Your Program member website](#)
 - [HealGrief.org](#)

Questions?

Your Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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