Family Concern Counseling

Grief

The process of grieving often involves sadness, anger, loneliness, and other painful emotions. Feeling your grief can help you come to terms with loss and move forward in life, while still cherishing memories of your loved one.

Grief can look and feel different to everyone. Some people need to express their grief, while others prefer to process in silence. Some feel anger, while others feel sadness, numbness, or relief.
Your grief journey is yours to walk through as you need.

Key Notes About Grieving

Stages of Grief

Because we all experience grief differently, we may also shuffle through the stages of grief differently from others. Some stages can be experienced longer or one stage is visited more times during your grieving process. It is important to recognize your grief stage whereever you may be.
See 'Stages of Grief' attached

Allow yourself to feel Grief

Feelings of grief comes in waves. Some days the waves are big and hit hard. Other days the waves are smaller and easier to handle. Allowing yourself to feel the grief, means riding out the wave of your feelings, instead of letting the wave hit you. It's okay to have different size waves. They are yours to ride.

Grief in Children:

Children often feel like their life is out of control after losing a loved one. They have unexplainable emotions that could come in "spurts". Allowing them to express and ask questions helps them process what happened and how they feel about it. Be patient, show how you feel, and be as clear as possible answering their questions.

When to seek professional counseling for grief:

If you're seeing grief is especially debilitating or long-lasting, and it has impaired your daily routine, like stopping hygiene, not going back to work, or seeing friends- It may be beneficial to contact a grief support group, mental health professional, or your pastor.

ADDITIONAL RESOURCES:
WWW.GRIEF.COM
WWW.GRIEFSHARE.ORG
WWW.HEALGRIEF.ORG
WWW.JESSICASHOUSE.ORG