

# SUPPORTING YOUR GRIEF

## GRIEVING

Grieving occurs before, and after experiencing a significant loss. It affects us physically, mentally, spiritually, emotionally, and socially. Although grief is a natural reaction for everyone, grief does not look the same from one person to the next. Grief is an individualized experience for everyone and there is no "right" or "wrong" way to grieve.

## GRIEF REACTIONS

Some common examples of grief responses are listed below:

### Emotional

Sadness, anger, isolation, guilt, relief, shock, anxiousness, worry, fear

### Physical

Trembling, nausea, crying, loss of appetite, sleeping disturbances, exhaustion

When people are grieving, they will often wonder if what they're feeling is "normal". Due to the vast range of emotions and thoughts people have when grieving, it is very difficult to identify what "normal" is. Chances are, your grief will look different from others and that is common.

## HOW TO SUPPORT YOUR GRIEF

Although the grief experience is different for everyone, here are some suggestions that may support you in your grief journey:

- Express your emotions in a way that feels natural to you
- Reach out to people who support you and your grief
- Take care of your basic needs by:
  - Sleeping - try and keep to your typical routine
  - Eating - if you do not have an appetite, try and snack throughout the day and stay hydrated
  - Practice deep breathing
- Say the name of the person who died out loud
- Put your grief "down" and find a distraction when necessary
- Be patient with yourself

If you or someone you know could use some additional support with their grief, or if you have any questions, please reach out to us at [questions@cehhospice.org](mailto:questions@cehhospice.org) or by calling 902-893-3265.