

LOSS & GRIEF

Loss is the experience of being deprived of someone or something valuable.

While grief is the deep emotional response that follows that loss.

It's a natural, personal journey of healing



Understanding Grief

- ✓ Grief is not a single emotion.
- ✓ It's a mix of sadness, confusion, anger, guilt, or even relief.
- ✓ Everyone grieves differently, and there's no "right" way or timeline for it.
- ✓ Understanding this helps reduce self-judgment and encourages compassion for others in grief

Stages of Grief:

People often move through stages such as denial, anger, bargaining, depression, and acceptance.

These stages don't always come in order or look the same for everyone.

Recognizing them helps one make sense of their emotions and progress



Healthy Ways to Cope

- ✓ Talk to someone you trust
 - ✓ Journal your thoughts and memories
 - ✓ Engage in prayer or meditation
 - ✓ Maintain routines and self-care
- Coping doesn't mean forgetting—it means finding ways to live with the loss and still move forward

Supporting Someone Who's Grieving

- ✓ Offer presence, not just words.
- ✓ Listen more than you speak.
- ✓ Avoid phrases like "be strong" or "move on." Instead, say "I'm here for you."
- ✓ Small acts of kindness—a call, meal, or walk together—can mean a lot.



Finding Meaning and Healing

- ✓ Healing doesn't erase the pain but transforms it.
- ✓ Many find comfort in memories, honoring the lost loved one, joining support groups, or helping others.
- ✓ Over time, the pain softens, and peace begins to return

"Grief is the price we pay for love." – Queen Elizabeth II