

# WHAT IS GRIEF?

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***The information in this handout is provided by Home Nursing Agency. It is our hope it will provide you with some support and comfort during a difficult time.***

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Grief is the emotion people feel when they experience a loss. There are many different types of loss, and not all of them are related to death. A person can also grieve over the breakup of an intimate relationship or after a child moves away from home.

Grief is a natural reaction to the loss of someone important to you. Grief is also the name for the healing process that a person goes through after someone close has died. The grieving process takes time, and the healing usually happens gradually.

Grieving affects people in different ways. How it affects you partly depends on your situation and relationship with the person who died.

The circumstances under which a person dies can influence grief feelings. For example, if someone has been sick for a long time or is very old, you may have expected that person's death. Although it doesn't necessarily make it any easier to accept (and the feelings of grief will still be there), some people find that knowing someone is going to die gives them time to prepare. And if a

loved one suffered a lot before dying, a person might even feel a sense of relief when the death occurs. If the person who has died is very young, though, you may feel a sense of how terribly unfair it seems.

Losing someone suddenly can be extremely traumatic, though, no matter how old that person is. Maybe someone you know died unexpectedly - as a result of violence or a car accident, for example. It can take a long time to overcome a sudden loss because you may feel caught off guard by the event and the intense feelings that are associated with it.

If you've lost someone in your immediate family, such as a parent, brother, or sister, you may feel cheated out of time you wanted to have with that person. It can also feel hard to express your own grief when other family members are grieving, too. Some people may hold back their own grief or avoid talking about the person who died because they worry that it may make other family member sad.