

COPE WITH LOSS THROUGH GRIEF

UNDERSTANDING THE STAGES OF GRIEF

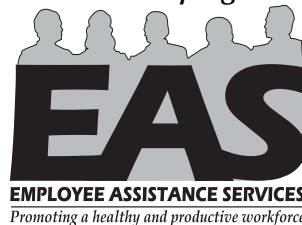
1. **Shock, denial and isolation**
 - State of disbelief
 - Deny loss
 - Experience emotional numbness
2. **Anger**
 - Death seems unfair
 - Blame self for death
 - Feel anger toward the deceased
 - Feel guilty for blaming the deceased
3. **Searching**
 - Shock wears off
 - Begin looking for ways to hold on to the deceased's memories
 - Often take on characteristics or dress of the deceased
4. **Disorganization**
 - Recognize death is final
 - Feel emotionally and physically drained
 - May refuse to care for self
 - (Loss of mate) Feel unable to financially cope with loss
5. **Acceptance**
 - Readjust to life
 - Begin to focus on the future and not just the past
 - Remember the deceased realistically

EASE YOUR PAIN

1. **Realize that the stages of grief vary from person to person**
2. **Talk about your loss with family, friends and professionals**
3. **Continue with your social life;** attend worship, club meetings and family get togethers
4. **Take care of yourself;** exercise to work out stress and eat well-balanced meals
5. **Remember the deceased objectively;** he or she was not perfect
6. **Realize that there can be love after loss;** regaining interest in romance and intimacy after a period of bereavement is normal

If you gradually release your pain through grieving, you will allow space for vivid and pleasant memories which will enrich your life ahead.

For more information on coping with loss, contact:



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