



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

DECEMBER 2024 • ISSUE 6 • VOLUME 5

Grief & Loss

Grief isn't limited to the passing of a loved one; it can arise from various types of loss, like a divorce, a big move, or a major life transition. Each person's grief journey is unique, influenced by factors like age, cultural and religious beliefs, mental health, family dynamics, and past experiences. There's no right or wrong way to grieve—it's deeply personal. Grieving is a natural response to loss, though support can be essential.

Extra care might be needed if you notice signs such as:

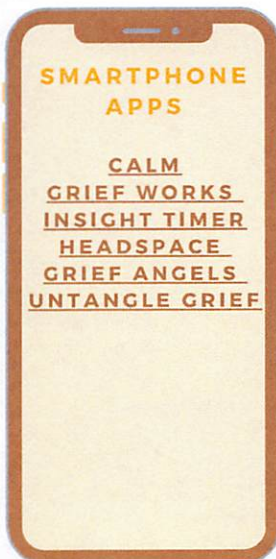
- Loss of interest in everyday activities
- Changes in eating or sleeping patterns
- A desire to reunite with a loved one who has passed
- Anxiety about being alone
- Declining academic performance
- Increased physical complaints
- Frequent absences

"Grief is the price we pay
for love."

GRIEF VS. GRIEVING

- The natural response to loss**
The collection of emotions that come with loss, such as: sorrow, anger, jealousy, nostalgia, or a whole host of other feelings
- The process of coming to terms with loss**
The process of exploring your feelings and adjusting to life without the person or thing you've lost
- Can be triggered by death, the end of a relationship, moving far away, a diagnosis, leaving a job, or some other big change
- There are many ways to grieve. Some examples are: crying in the arms of a loved one, drawing a picture of the person we miss, making a special food, or going for a long walk to think
- Not something you can cure, but something you can cope with
- We might grieve for the rest of our lives as we continue to process our feelings
- There is no right or wrong way to feel grief
- There is no right or wrong way to grieve

@grievleave



RESOURCES

- [How to Deal with Grief](#)
- [The Grieving Process](#)
- [Now what? Tips for Grieving Teens](#)
- [Tips for Supporting a Grieving Friend](#)
- [The Elizabeth Hospice Grief Support](#)
- [National Alliance for Children's Grief](#)
- [Coalition to Support Grieving Students](#)
- [The Dougy Center for Grieving Children and Families](#)