

# COPING WITH GRIEF & LOSS

Grief is intense sorrow, sadness or distress that can be brought about by someone's death. It can also be a response to any form of loss. Loss is the process or experience of losing someone or something. It can also be defined as the fact of no longer having something that you had.

STAGES OF GRIEF AND LOSS	COMMON MYTHS & COPING
<p><b>Denial</b> – When a grieving person is unable to accept that the loss has taken place. It seems like a bad dream or something unreal. There is a hope or expectation that they will wake up and things will be normal again.</p> <p><b>Anger</b> - When one feels angry that the loss has occurred. They may feel it is unfair and “why me”. They may also feel let down or abandoned by the person they have lost.</p> <p><b>Bargaining</b> – This is when a person begs their “God” or higher power to undo the loss. They promise to change or be a better person if the loss can be reversed.</p> <p><b>Depression</b> – When a person confronts the reality of the loss and the fact that it is not reversible. They may feel helpless and hopeless about changing the situation. Some people may blame themselves somehow for the loss and feel guilty that they could not prevent it. One may experience a change in sleep or eating patterns.</p> <p><b>Acceptance</b> – When one has processed all their initial emotions associated with the loss and is beginning to explore a way forward despite the loss. They have accepted the reality that the loss cannot be undone or reversed.</p>	<p><b>Common Myths</b></p> <p><b>Myth 1</b> - Crying is a sign of weakness.  <b>Truth</b> – Crying helps one express &amp; process emotions. It also helps release tension and “feel good” hormones.</p> <p><b>Myth 2</b> – Ignoring the pain will make it go away  <b>Truth</b> – Emotional trauma does not simply go away by being ignored or bottling them up. Just like a physical injury, healing is a process. It takes facing the situation finding a healthy way to process your emotions. Avoiding them or suppressing them can be harmful and create more problems.</p> <p><b>Myth 3</b> – The aim to get over the grief as quickly as possible.  <b>Truth</b> – Each person grieves or mourns in their own way at their own pace. Sometimes it feels like an emotional roller coaster. That is normal. At some point we learn to accept the loss.</p> <p><b>Coping Techniques</b></p> <ul style="list-style-type: none"> <li>Attend counselling or join a support group</li> <li>Talk to someone you trust about your feelings</li> <li>Practice mindfulness and self-care</li> <li>Exercise regularly and try to keep a healthy routine</li> </ul>

Written by: Amambelu Bespoke Wellness

Email: [Ask@AmambeluBespoke.co.za](mailto:Ask@AmambeluBespoke.co.za)

WhatsApp: +27 79 772 1950

Whether you are facing difficulties in your relationship, health, career, or you just want to talk. That's what we're here for. Feel free to contact us.

[www.amambelubespoke.com](http://www.amambelubespoke.com)