

Key Concepts of Grief

Adapted From: Seasons for Growth

- Change and loss are an inevitable part of life.
- Change and loss affect everyone.
- Grief is a normal and natural response to change and loss.
- While death and divorces are obvious losses, there are many other life experiences that can trigger grief.
- Many of these common life experiences are not recognised as losses and therefore the grief effects are not acknowledged or attended to loss and grief, no matter what their triggers, are difficult and complex stressors.
- People react to losses in vastly different ways - there are no fixed or prescribed stages or ways to grieve.
- The emotional pain of grief takes a toll on health and morale, feeling and functioning, enjoyment of life and sense of wellbeing.
- Normal grief is accompanied by:
 - Physical sensations such as headaches, tightness in chest, lack of energy, nausea
 - Feelings like sadness, anger, guilt, anxiety, loneliness, fatigue, shock and relief
 - Cognitions such as disbelief and confusion
 - Behaviours like sleep and appetite disturbances, overactivity, social withdrawal, searching, crying



Emotional pain needs to be acknowledged and attended to. Grief requires from the individual a response that will help ease the hurt.