

## Grief - Part 2

“We don’t move on from grief. We move forward.” – Nora McInerny

### What Is Grief?

- Grief is a natural and healthy response to loss. It is the anguish we feel when we experience a significant loss, like the death of a loved one, a divorce, or a serious medical diagnosis.

### We Learn to Live with Loss

- 1) How can we learn to hope after loss?
  - It is important to validate yourself through self-compassion and accept that grieving is inevitable.
- 2) Eventually, we learn to live with loss.
  - When we practice patience and acceptance that only with time are we able to honor our grief, and ultimately, we can feel the grief without the same level of pain.
- 3) There is no expiration to grieving!
- 4) Sometimes we think we must fight our way through grief, but it is important to ask for help and support.

### Tips to Process Grief

- Listen to someone else's story.
- Witness other's grief to grow.
- Set a timer to grieve in manageable increments.

### Respecting Others' Grief

#### Best things to say to someone in grief:

- Say nothing just be with the person where they are at, not where you think they should be.
- *"You and your loved ones will be in my prayers."*
- *"I don't know how you feel, but just know I am here for you."*

#### Worst things to say to someone in grief:

- *"She lived a long life."*
- *"I know how you feel."*
- *"You can still have another child."*
- *"Be strong."*

### You Are Not Alone, Please Reach Out for Help.

Helpful Resources: <https://www.verywellmind.com>