

THE WELLNESS CORPORATION

Grief and Loss

Losing someone or something you care about is painful. And grief always follows. It's a normal process, with both physical and emotional signs. But even with major life changes, such as the loss of a spouse or parent, you can face the loss and move on.



Losses We Grieve Over

Everyone feels a major loss at some point in life. These are just some of the types of loss you might be facing:

- The death of a family member or friend
- Health issues such as a permanent injury, chronic illness, or aging
- A breakup, separation, or divorce
- The loss of a job, a change in income, or other life changes.

How Loss Changes Us

Loss leaves a “hole” in your life where what you lost used to be. The loss can affect the way you see yourself. Your daily routine changes if you have lost a partner, child, or parent. Your self-image may change if you are no longer healthy. After a divorce, you may need to think about life on your own.



Grief Takes Many Forms

Grief isn't just about sadness. You may be in shock and just sit and stare at nothing. Or you may have a range of intense feelings. From moment to moment, you may:

- Not want to believe the loss is real
- Feel annoyed or outright angry
- Think you could have done something to stop the loss
- Have dark, sad moods and feel hopeless or in despair
- Feel guilty for being relieved
- Accept that the loss is real and that you can cope

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