

THE 5 STAGES OF GRIEF

Grief can feel like a storm. You may feel that the storm has passed, and then be surprised when the next storm strikes. With a loss, you might be fine one minute and overcome with extreme sadness the next. Understanding The 5 Stages of Grief, may help you with the grieving process.

1 SHOCK

A death of a loved one can feel like a bolt of lightning out of nowhere. After the death of a loved one, you may feel numb to the reality of the loss. Numb disbelief is one way the body helps provides emotional protection from being overwhelmed all at once.

2 DENIAL

Denial is a response to the shock or disbelief of the loss of a loved one. Avoidance is a common coping mechanism to avoid the reality of the loss. Life feels chaotic and scary so denying this **NEW REALITY** is a way to avoid pain.

3 ANGER

Frustration of this new reality leads to anger. Lashing out at others is not an uncommon occurrence. When in this stage of grief you may find yourself focusing on things like....



4 DEPRESSION

Deep sadness may begin to set in as you begin to realize the magnitude of your loss. The reality of life going on without your loved one can feel overwhelming. You may feel extreme sadness and you may feel like you don't want to do anything.

5 ACCEPTANCE

Physical symptoms lessen and deep sadness begins to shift. This stage is about accepting the reality of the loss and that it is permanent. In this stage, you can begin to look ahead to the future and anticipate some good times to come. There are feelings of hope and joy.