What is Grief?

Grief can occur from different types of losses. This could be the death of a loved one, loss of a friendship, a pet dying, or moving away from home. There are five common stages of grief that people experience during loss.

### Stages of Grief

1. **Denial**: It is really hard for you to imagine that this person is really gone. It may be hard to believe it is true.
2. **Anger**: You may start to feel angry because this person is not around anymore. You may be angry at them, yourself or others.
3. **Bargaining**: You may try to think about doing anything you can that could make this person come back.
4. **Depression**: You may feel REALLY sad because you know that this person is gone and will not be coming back.
5. **Acceptance**: You understand that this person is gone. Things will be getting back to normal.

Sometimes after the stages of grief when a loved one dies, we look to ways to help remember them because we still miss them so much. Some things you can do:

1. **Talk About It**: You may feel sad and don’t want to talk to people about your feelings. Remember that your feelings are normal and other people you love may feel the same way. Talking to a family member or friend can help you start to feel better.
2. **Do Something Special**: Take time to honor the person that you lost. Eat their favorite food, watch a movie they liked, plant flowers or a tree or create your own memorial.
3. **Visit Them**: If you are able, ask to visit your loved one in the cemetery or mausoleum. When you are there, you can talk to them. It may help to believe that they can hear you.
4. **Write a Letter**: If you cannot visit, you can write a letter. Tell them how much you love and miss them. Tell them what is going on in your life and things that have happened since they passed away. You can keep your letter or send it to the resting place of your loved one.
5. **Do Things That Make YOU Happy**: A helpful way of dealing with sadness or anger is to do things that make you smile and laugh. Listen to your favorite music, participate in your favorite sport or activity and spend time with people that make you happy.

Although it is hard, focusing on the fact that your loved one is gone may only keep you sad and make it harder to cope. Try to think of happy memories and look at old photos to remember the fun times you have had. Remember, there is no limit on grieving. Everyone goes through the process in their own way; be sure to take the time you need. If you are having trouble coping on your own, it could be helpful to talk to someone.