

Coping with Grief and Loss

Losing a loved one can be difficult, especially if you don't allow yourself to feel the pain of your loss. Grief can be very hard to understand, but hopefully this article will be able to help you identify your pain and how to deal with it.

There are two different types of grief that someone can suffer when he or she loses a loved one. The first is sudden grief caused by the loss of a loved one to an accident, suicide, or crime. This kind of sudden loss can cause a mourner to have feelings of distress, nightmares, and social isolation. The second type of grief is predicted, caused by the loss of a loved one suffering from a terminal illness. Though the passing is expected, it can create two different layers of grief: the grief associated with the anticipation of the loss and then the loss itself.

The length of time you feel grief for your loss will vary from person to person. It is very important that you don't try to rush yourself to get over the pain of your loss. Taking care of yourself, seeking help and support, and acknowledging your pain will help you get through the pain.

Different people experience grief in different ways, but here are some common reactions to the loss of a loved one.

- Irritability
- Anger
- Frustration
- Guilt or remorse
- Numbness

Acknowledging your feelings and letting them come without judgment can help you get through your pain. If needed, seek advice and an ear from a counselor or good friend. Coping with your pain can be difficult, but here is a list of a few ways to deal with the pain.

- Talking to family and friends
- Getting exercise
- Joining a support group
- Seeking counseling
- Engaging in social activities
- Eating well
- Letting yourself grieve

Losing a loved one is never easy and each person will have to deal with it in his/her own way, but the best way to help yourself through your pain is to let yourself feel pain. Feeling pain for a passed loved one is totally natural and something one should never be ashamed of.