

Top 7 Things to Know About Grief

1. Grief lasts longer and is more painful than most people expect.
2. There is no right way or wrong way to grieve- just your way.
3. The least helpful thing for grieving people is other people telling them how they should be doing things.
4. The most helpful thing for grieving people is to be able to process their feelings (talking, writing, composing, creating).
5. Good grief doesn't mean forgetting, it means remembering and forming a new relationship with the deceased person.
6. Sometimes the people we think should help us simply can't.
7. People are fundamentally resilient. They can and they will survive. We can empower people.

Variables that Influence Grief

The bereaved person's unique relationship with the deceased (strength of attachment).

Degree of ambivalence or unfinished business.

Circumstances of the death (sudden or unexpected; violent or peaceful; age of deceased).

Personality and coping behaviors of the bereaved person (previous history of loss; ability to express emotions and seek/receive help).

Social support (family; friends).

Cultural and religious support (belief system; rituals).

Health and lifestyle of the bereaved person (history of mental illness; depression; substance abuse).