

COPING WITH LOSS



WHAT IS GRIEF

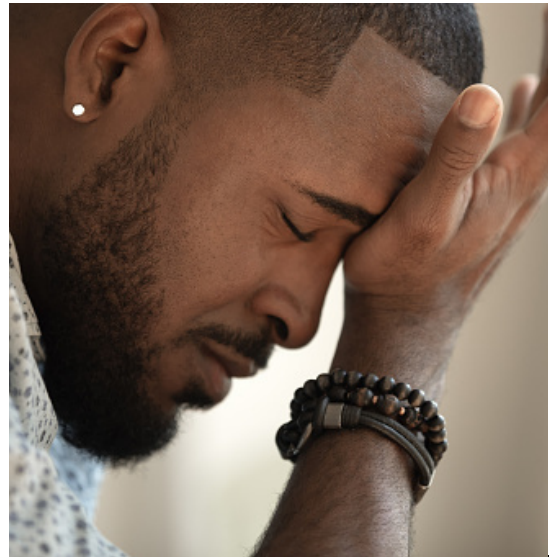
Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. People experience a range of emotional symptoms of grief/loss such as shock, disbelief, sadness, guilt, anger and fear. These emotional symptoms are sometimes followed by a physical symptom such as fatigue, nausea, lowered immunity, weight loss or weight gain, aches and pains and insomnia.



"DEATH ENDS A LIFE NOT A RELATIONSHIP"

We all at some point in this unprecedented times of this ravaging pandemic, covid 19 battled some form of loss, be it job loss, relationship, death of a loved one, divorce, loss of health, miscarriage among others. Loss is usually accompanied with different unexpected emotional reactions. There is no specific time frame for grieving, how long it takes varies from person to person. It is a process that needs to unfold naturally.

It is best to note that there is no right or wrong way to grieve, but there are healthy ways to deal with the grieving process.



STAGES OF GRIEF

Shock and denial:

This is a state of disbelief and numbed feelings.

Pain and guilt:

You may feel that the loss is unbearable and that you're making other people's lives harder because of your feelings and needs.

Anger and bargaining:

You may lash out, telling God or a higher power that you'll do anything they ask if they'll only grant you relief from these feelings

Depression:

This may be a period of isolation and loneliness during which you process and reflect on the loss.

The upward turn:

At this point, the stages of grief like anger and pain have died down, and you're left in a more calm and relaxed state.

Reconstruction and working through:

You can begin to put pieces of your life back together and carry forward.

Acceptance and hope:

This is a very gradual acceptance of the new way of life and a feeling of possibility in the future.

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- Seek support from friends and family members: draw close to friends and loved ones spend time with them. Most often people want to help but don't know how to go about it. even if it's a shoulder to lean on or running around to get things done for you.
- Draw comfort from your faith: You could talk to a clergy member, engage in spiritual activities that are meaningful to you e.g prayers and meditation.
- Join a support group: Sharing your sorrow with others who have experienced similar situations can be very helpful as grief is somewhat a lonely experience.
- Talk to a therapist or grief counselor: If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.