

Understanding the Process of Grief and Mourning

Grief and mourning are processes; they are not singular states or events. By definition grief and mourning require time and effort to reconcile (heal). If one is to heal, it is vitally important to shift your expectations from getting over the loss and/or getting back to normal to learning to live with your changed life and a new normal.

Healthy Expectations for Yourself in Grief and Mourning

- Your healing will take longer than most people think.
- Your healing will take more energy than you would have ever imagined.
- Your grief and mourning will involve many changes.
- Your grief and mourning will show in all spheres of your life: psychological, social, physical and spiritual.
- How you perceive your loss will shape your grief and mourning process.
- You will grieve for what you have already lost (not just the person who died) and for what you may have lost in the future-hopes and dreams.
- You may experience “grief bursts” or acute upsurges of grief that can occur suddenly and without warning.
- You may find there are certain dates, events, locations or a song that bring up those feelings of grief.

For more information call (727) 467-7423 or visit SuncoastHospice.org

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