

## **Dealing with grief and the loss of a loved one**

The experience of losing someone we love and who carries value in our life is something unfortunately none of us can escape from. Loss or grief can come in many forms possibly a loved one passed away, you lost a friendship, possibly a relationship has ended or a family pet has passed. grief can affect you in countless different ways, when a feeling of loss happens learning to cope is essential to be able to bounce back. When we experience grief or loss we generally go through what professionals call the 5 stages of grief.

- Anger
- Sadness
- Acceptance
- Awareness
- And finally healing

People will always deal with loss or grief in different ways there is no direct approach with how to deal with these emotions but always remembering that you're not alone there is always help and people you can turn to is very important to remember. Only once you learn to accept these steps above can you begin the process of healing and will be able to continue to move on with life.

**We've broken this document into 5 easy to understand steps to try and help you understand control and accept your loss**

**1.Acknowledge and accept the emotions you feel.**

The first step people try to avoid is feeling at all in order to start to begin your journey of healing you must first accept whatever you may feel. Be it anger, confusion, sadness, rage, disbelieve, all of these emotions are common when dealing with grief or loss but this doesn't take away from how painful these emotions are. Research shows that people who do not deal with their negative emotions in a healthy way have many more physiological problems as well as psychological ones. It is important that when confronting these feelings you do so in safe space, possibly around a family member, with a trusted friend or in some cases with professional help.

**2.Learn to grow from the loss**

Although it may not feel it at the time there is always a lesson to be learned though a loss. It may spark you to make contact with family or friends you haven't spoken to for a while, or fix a family feuded or disagreement with a partner. There's an element of growth that can be taken from any loss once acceptance starts here is an old saying that says "help me change the things I can change, adjust to the things I cannot change, and give me the wisdom to know the difference."

### **3. Start taking steps to fill up the void within**

When losing someone sometimes it can feel like there's a hole in your life. You might even feel like your life is completely empty without them, it's been proven that in your own time frame and only when you're ready to start to fill this gap. It could be with a hobby or maybe you find a new passion in something you used to enjoy, no matter what this may be taking steps to healthily fill this void will help with recovery.

### **4. Feel Free and move forward**

Finding a positive and healthy way to start to modify your relationship with those you have lost, this step comes after acceptance but is just as important. Modifying your relationship with someone you have lost is never easy but is a necessary step. In moving forward, learn to change your attachment to your loved one from a negative feeling of loss to a positive attachment of memory's. This will take a long time it takes a lot of effort to modify your cognition to prepare for this.

### **5. Learn to accept your loss and be aware of your own surroundings**

This step is vital to recovery learning to accept the loss you have experienced and to be self-aware of your surroundings and feelings is vital. Only once you follow the other steps of addressing your emotions, funnelling them into something healthy and changing your cognitive pattern of thinking can you accept what has happened. Being aware of your own surroundings again is a big step, maybe there's family you've been distant from due to the upset of your loss, maybe a family friend you've been distant from, possibly you've been away from your job. No matter what has happened during your healing process returning back to a normal routine in a healthy way will only benefit your healing process.

## **A complete summery**

Once all these steps are done you'll learn to do things that positively impact others, hopefully engage yourself in meaningful and creative activities, make time for your self-reflection, and how you handle your feelings turning negative thoughts to positive ones, Pay more attention to your senses and enjoy simple things with full attention, Maybe you've learned to discover new things in life, and always remember to never lose hope since many people in your situation have been able to pass through it and there is no reason for you not to be able to do the same. Although you've felt grief loss confusion anger and all of the emotions that come with loss you'll find you have grown and become a much stronger person for what you have experienced.