

# The Grieving Process



**Grief:** The natural emotional response resulting from a significant loss—especially the death of a loved one.

Everyone deals with grief differently. People cry, laugh, busy themselves with work, throw up, or even feel numb. Some recover quickly, while others take their time. Grief is a natural healing process, and there's no "right" way to do it.

For some people, grief can become too painful. It can grow into something totally different, like depression or anxiety. Other times, grief might last far too long, and take over a person's life for years on end. This is called **complicated grief**.



"Normal" grief varies greatly between cultures, people, and situations.



Grief is a natural process, and does not always require treatment.



About 10% of people develop complicated grief after a loss.



Complicated grief can be treated with psychotherapy.

