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Things to Know

About

Grief



1.

Grief is normal and expected

Grieving is a normal part of life and a natural response to a loss that is deeply meaningful to you.



2.

People grieve differently

Grieving has no right or wrong way. Some people might need time alone, others might need to talk to others, take a walk outside, share stories, have a cry, be creative, or make a plan.



3.

There is no timeline for grief

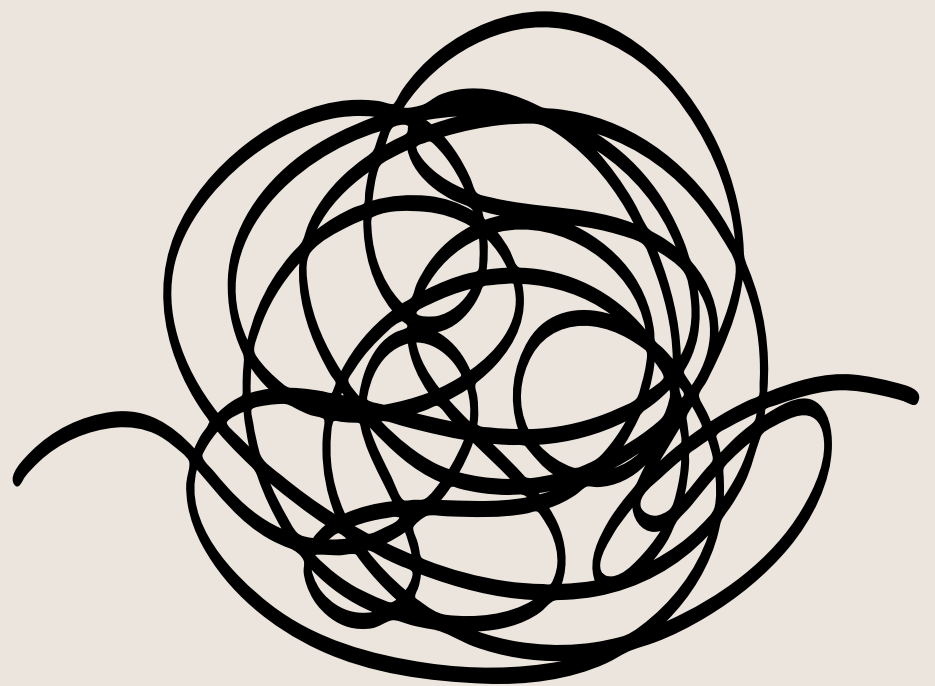
Despite what you may hear about "getting over it" or "the first year", there are no set timelines for grief. Quite simply, it takes as long as it takes.



4.

Grief is messy

How you grieve can change day to day, hour to hour, or even minute to minute.



5.

Grief is exhausting

Try to lower the expectations you put on yourself. Give yourself permission to do less and celebrate your small everyday wins, like having a meal or a shower.



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