



Loss and Grief

The term loss is not always linked with death, it can be as a result of another big change in your life. Whatever your loss, you may feel many different feelings and emotions, some underneath and some very obvious. One feeling at a time or lots of feelings all at once.

Any way you experience loss is okay and completely normal for you. No one person will experience it in the same way. However, if you find that these feelings continue for a long time, it may be worth talking to someone like a friend, counsellor or your doctor.

Don't fake a smile.

If you are having trouble coping with a big change in your life, don't isolate yourself and pretend everything is OK. Pushing those feelings aside is not only ineffective, it will set you up for a lot of heartache. "Major life changes, even if they are for the best, can still leave a hole in your heart," warns Carlstrom. "You may feel like you could go shopping or drink away the pain, but at the end of the day, it doesn't fill up that hole."

Grieve what you have lost.

"Although people in our culture are uncomfortable with conversations about grief, you have to acknowledge and grieve your losses," says Carlstrom. Think back to your very first encounter with loss—how did you react? Did you stifle your tears and push the hurt aside? As adults, we tend to still rely on coping strategies that developed in our formative years, but we may now need to relearn how to cope in ways that match who we have become.

Explore your grief.

So what can you do to ease the pain of the losses left behind from change? Embrace the pain and explore the grief. If friends ask how you are doing, don't just say, "Everything is fine." Admit that you are struggling. Seek a support group. Speak to a grief counselor. Meditate on how you feel about what you have lost. And realize that losing something doesn't have to signal an end. "Grief and loss enable you to understand your life in a new way, and that changes the way you see yourself in the world," says Carlstrom. "Ends are also transitions to new experiences."

Reference - <https://www.hopkinsmedicine.org/health/caregiving/coping-with-loss>



Part of the problem is that we tend to associate the words *loss* and *grief* with death only. But every person is a griever of something, and there is absolutely nothing wrong with being a griever. “Grief experienced will dissolve, while grief unexpressed will last indefinitely,” says Carlstrom.

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