

Stages of Grief

The death of a loved one, co-worker, or someone we may not know personally but they inspire us in some way, can be difficult time in our lives. Everyone processes grief differently and in their own time. Understanding the stages of grief can help to identify what our needs are in that moment, connect with effective supports and resources, and promote positive and healthy coping through grief and loss.

1. Shock and Disbelief

You may experience the numbing and disorienting sense that the death has not really happened.

2. Anger

You may feel anger at the deceased, yourself, others, and/or your God for what has happened.

3. Guilt

You may blame yourself for not doing or knowing more, or for not dealing with any "unfinished business" that you had with the deceased.

4. Sadness

You may experience a deep sense of loss and find yourself crying. There may be a tendency to withdraw or isolate yourself.

5. Fear

There may be anxiety or panic, or fears about the future. It may bring up your fears about your own sense of mortality.

6. Acceptance

Finally, hopefully, you adjust to the loss and move on from it while still honoring your deceased's memory.



For more information or assistance, contact your Employee Assistance Program at (754) 322-9900