

## GRIEF AND LOSS

### WHAT IS GRIEF?

Grief is a normal and natural response to the death of a loved one. Whether the loss is of a family member, friend, spouse, dating partner, classmate, teammate, or co-worker, the grief is a universal experience for all humans.

At many points after a loss, the grieving person can benefit from the support of others. Individual grief reactions can vary widely, not only from person to person, but also within the same person over time. Accordingly, friends need to be ready to accept and support the griever through a wide range of emotions.

### REACTIONS TO GRIEF

People who are grieving experience many reactions to their loss as they work toward resolution. At



