

Grief Definition:

Grief is the anguish experienced after significant loss, usually the death of a beloved person. Grief may also take the form of regret for something lost, remorse for something done, or sorrow for a mishap to oneself. *(APA definition)*

Experiencing the conflicting feelings caused by the end of or change in a familiar pattern of behavior. *(Grief Recovery Method)*

Examples of Non-Death Grief Events:

- Job/Career changes (*could include retirement*)
- Moving
- Infertility
- COVID-19
- Changes in Relationships
- Chronic Health Concerns
- Trauma (*single incident or developmental trauma*)



Tasks of Grief:

- Accepting The Reality Of The Loss
- Feeling The Feelings
- Adjusting
- Moving Forward



Resources:

- It's OK That You're Not OK - Megan Devine
- Finding Meaning: The Sixth Stage of Grief - David Kessler
- Conscious Grieving - Claire Bidwell Smith

