



# GRIEF



## Terms

**Grief:** The pain accompanying loss or change, not limited to death.

**Bereavement:** The period of grief that takes place after death; mourning is the public expression of this grief.

**End of Life Services/Care:** Encompasses different types of support a person and their families may receive toward the end of their life, such as Hospice Care, Palliative Care, or seeing an End-of-life Doula.

**Guilt:** A feeling one may have while grieving where they believe they could have done more (though not necessarily true that they could have). Can also manifest in the form of survivor's guilt after a traumatic event.

**Stages of Grief:** A framework for understanding our feelings when we experience grief. Initially there were 5 stages – *denial, anger, bargaining, depression, and acceptance*. Now *shock* and *testing* have been added.

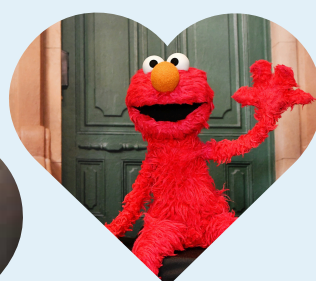
## People



Nora McInerny



Joe Biden



Elmo



Mary-Frances O'Connor

## Values



Sigmund Freud

Holding Space

Time

Love

Accepting Sadness

Patience

**68%**

of Americans want more open dialogue on grief

*Grief Symptoms People Experience:*

Physical

**48%**

Change in Appetite

**59%** Fatigue

Emotional

**43%**

Depression

**76%** Sadness

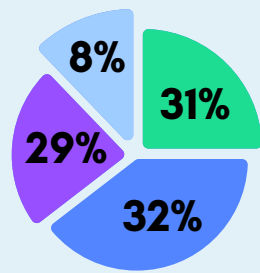
## After 18 months

of grieving, bereavement counseling has been shown to be a beneficial intervention

## Statistics

**26%** of pregnancies end in miscarriage according to research estimates

## Causes of Grief



other  
loved one's death  
pet  
serious illness

## Dates



**300,000** years ago the 1st documented funeral rites were held

**2-3-1959** Plane crash kills Buddy Holly, Ritchie Valens, & J.P. Richardson AKA 'The Day the Music Died'

**1994** Andres Escobar murdered after FIFA World Cup loss

**9-11-2001** World Trade Center & related attacks prompt a nation to grieve

**2022** Prolonged Grief Disorder is included in the DSM-5

♥ Practice self-care which can include giving yourself permission to take things slow, talking about your grief, and joining a support group.

♥ Share our Infographic.

♥ Research different models of grief such as Tonkin's Growing Around Grief Model as well as the more well-known Kübler-Ross (5 stages) Model.

♥ Ask others about their cultural, familial, or personal practices and traditions surrounding death and grief.

♥ Familiarize yourself with the types of grief such as: Anticipatory, Abbreviated, Delayed, Inhibited, Cumulative, Collective, Ambiguous, Disenfranchised, Traumatic



## Action



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