**Grief Share Recap**

Good day and blessings to you all. We’ve just concluded our thirteen week cycle of the Grief Share program. Our aim and goal is to provide a warm, caring environment as you navigate this difficult season. Also we pray you come to see the group as an “oasis” on your journey through grief. This week we will touch on some basic information on the grief process and share some different factors on grieving.

**What is grief?** It’s a natural and normal reaction to loss. You need to go through grief to heal.

**Grief can follow many kinds of loss.** The death of a loved one may cause the most intense grief. But grief can also follow other losses such as.

* A miscarriage
* A divorce or separation
* Learning you have a disability or serious illness
* The death of a family pet

These losses can bring reactions much like those that follow the death of a loved one.

**Grief can bring a wide range of emotions.** These can range from deep sadness to anger. Some of these feelings may new or frightening to you. Acceptance that these are normal reactions is the first step on your road to healing.

**You can find ways to deal with your pain.** There are many healthy ways to cope with grief. You can find ways that work for you. Know that there’s plenty of help whenever you need it, too.

**Everyone grieves differently**. How you grieve may depend on many factors these include.

**The circumstances of the loss.** Every loss is hard. But grief may be especially intense, complex or lengthy if you lost someone very close to you, or if the cause of death is unknown or unusual. For example, grief may be especially hard when the loss is.

* The death of a child, parent, spouse or sibling
* A sudden or violent death
* A death due to suicide

**Personal factors**

* **Gender-**Males and females may have been taught different ways to handle stress and emotions. So they may acknowledge and express their grief in different ways.
* **Age and life experiences-**These can affect your understanding of death and your sense of self when you experience a loss.
* **Culture and faith**-These may influence your beliefs about death and your responses, such as your choice of rituals for honoring someone who has died.
* **Personality-**Different personality traits (such as being outgoing, quiet, expressive or thoughtful) often lead to different ways of coping with loss.

**Some myths and facts about grief-**It’s important to learn about these myths—they can get in the way of your healing.

**Myth: The pain of loss will go away faster if you ignore it.** Fact Trying to ignore your pain or keep it from surfacing will not make it go away. Instead facing your grief and dealing with it actively can help bring about true healing.

**Myth: It’s important to “be strong “in the face of loss.-**Fact Feeling sad, frightened or lonely—or having other similar emotions—is a normal reaction to loss. Crying or breaking down doesn’t mean you’re weak. You don’t need to “protect” your family or others by putting on a brace front. Showing your true feelings help them and you.

**Myth: If you don’t cry, it means you aren’t sorry about the loss.** Fact Crying is a normal response to sorrow, but it’s not the only one. Those who don’t cry may feel the pain of just as deeply as others. They may simply have other ways of showing or coping with it. They need just as much support and comfort from others.

**Myth: Grief should last about a year.** Fact There is no right time frame for grieving. How long it takes to recover from loss can differ widely from person to person.

**Myth: Moving on with your life means you’re forgetting the one you lost.** Fact- Moving on means you’ve accepted your loved one’s death. That’s not the same as forgetting. You can adjust to a new life while always keeping your loved one’s memory a part of you.

**Myth: When a death is expected all grieving is done in advance.-**Fact People often do start grieving ahead of an expected death-for example, a terminal illness. But as prepared as a person may feel, the actual death can still cause intense reactions.

**Myth: Friends can help the mourner by not bringing up the subject of his or her loss.-**Fact-People who are grieving usually want and need to talk about their loss—often over and over. Bringing up the topic can give a mourner an opening for talking. But if he or she doesn’t seem to want to talk, don’t pry or force conversation.

**Myth: A Good way to express sympathy is to say “I know how you feel”** Fact-Everyone feels grief in a different way. It’s probably not possible for anyone to know exactly what another person is going through after a loss. Saying “I know how you feel” can make a mourner feel like you’re making light of his or her pain.