



Community Education

Healthy Grieving: How to Live After Loss

Grief is a response to any loss, not just the death of a loved one. Traumatic changes in our lives, illness, divorce, job changes, are all losses that can affect us deeply. Below some common myths about grief are shattered.

Myth 1: We only grieve deaths.

Reality: We grieve all losses.

Myth 2: Only family members grieve.

Reality: All who are attached grieve.

Myth 3: Grief is an emotional reaction.

Reality: Grief shows itself in many ways.

Myth 4: People should leave grieving at home.

Reality: We cannot control where we grieve.

Myth 5: We slowly and surely recover from grief.

Reality: Grief is an uneven process, a roller coaster with no time line.

Myth 6: Grieving means letting go of the person who has died.

Reality: We never fully detach.

Myth 7: Grief finally ends.

Reality: Over time most people learn to live with loss.

Myth 8: Grievors are best left alone.

Reality: Grievors need moments to share their memories and grief, and to receive support.

Learn more today.

To find out more about Independence at Home's Community Education programs, contact our Resource Specialists:

866-421-1964

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