

can occur when we experience the death of a loved one, a relationship break-up or a relationship change, loss of pets, loss or change in health status and functioning, loss of possession by accident or theft, loss of job or financial stability, and/or loss or change of identity or sense of place in the world. Although loss is understood as a natural part of life, we can still be affected by intense feelings, such as shock, confusion, anger and sadness, associated with grieving the loss. Some signs and symptoms of loss/grief include:

- » **PHYSICAL:** sleep difficulties, fatigue, restlessness, change in sexual desire, etc.
- » **COGNITIVE:** denial/disbelief, confusion, inattention, indecisiveness, detached, etc.
- » **EMOTIONAL:** anger/irritability, sadness, numbness/shock, guilt, helpless, lonely, etc.
- » **BEHAVIORAL/SOCIAL SYMPTOMS:** uncontrollable crying, avoidance, self-destructive behaviors, withdrawal, etc.

is important in helping us process our emotions while also continuing to embrace and honor the memories of our loved ones. Research shows that most people can

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