



# GRIEF THINGS TO WATCH OUT FOR



## "Closure" is a myth

People tend to believe that our grief shrinks over time. What really happens is that we grow around our grief. Instead of "closure" we need to find a way to stay connected to our loved one and carry that connection into the future.



## Grief gets worse before it gets better

A lot of times, once the shock and numbness about your loss wear off, you're faced with the new reality of life. This can often be coupled with friends and family expecting you to start feeling better. Grief can come in waves and this is normal.



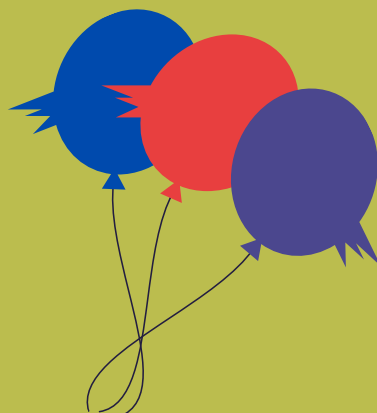
## Time does not heal all wounds

Time only passes. It doesn't heal. The intensity of your feelings might decrease over time as life begins moving on, but that doesn't mean time is healing your grief. Acknowledging your grief and working on it is what will provide healing.



## Grief Bursts are real

People don't like them...but they are normal. The hard part is that a grief burst is unexpected and not predictable. One minute you are doing fine and the next minute you can feel just like you felt right after your loved one died.



## Recovery is not linear

Grief is not a predictable process moving in a step-by-step manner. Grieving is unique to the individual and not every person will experience the process of grief in the same way.



## The Gray/Grey Takeover

At some point during your grieving process, you may experience this loss of enjoyment in life. Everything feels numb, food doesn't taste good. Everything is kind of ehh. THIS IS NORMAL!

