



INFOGRAPHIC:

Understanding the Grief Landscape



REMEMBER:

- » Every grief journey is unique
- » NEVER compare grief experiences/reactions
- » All grief is experienced at 100%
- » All grief is valid
- » Grief is NOT a life sentence
- » You will always have your loss, but it does not have to dictate your life



GRIEF IS:

- » Normal & natural
- » Conflicting feelings around a change/end of any familiar behaviors
- » Cumulative & negatively cumulative
- » Grief is a non-linear journey



40+ TYPES OF LOSS:

- | | | |
|---------------|---------------------|---------------------------|
| » Death | » Empty Nest | » Loss of Health |
| » Divorce | » Change in Routine | » Loss of Mobility |
| » Miscarriage | » Financial Changes | » Loss of Trust |
| » Infertility | » Job Loss/Change | » Loss of Religious Faith |
| » Pet Loss | » Retirement | » Loss of Innocence |