



Our Understanding of Death

- Influenced by culture, messages from adults and society, and direct life experiences
- Slowly emerges
- Is a long process that can take a lifetime



Definitions

- GRIEF – Process
- BEREAVEMENT- State of Being
- MOURNING- Expression

“Everybody grieves inside when someone they love dies. But only people who mourn really heal and move on to live and love fully again.”

Alan Wolfelt, PhD



Typical/“Normal” Grief

- Includes emotional, physical, social, psychological, and spiritual reactions
- Can be overwhelming because of the intensity, duration, and unpredictability
- Results in multiple secondary losses