

Understanding Grief and Mourning

Grief is a natural reaction to any form of loss, and death is one of them. Losing a loved one hurts, and grief is not something you can solve or resolve. It is a process we all will go through; it's the cost of love. Grief can come in many forms. It can come from loss of a loved one, the loss of a job or even a divorce. Often people believe grief and mourning are the same things, but they are very different. *Grief is the internal thoughts and feelings we have when someone we love dies.*

Mourning is when you take the grief you have on the inside and express it outside of yourself. Learning to express what you are feeling on the inside to the outside is not something you do naturally; many people will keep everything bottled up inside. Sometimes those outward expressions can be achieved through music, writing in a journal or talking about your feelings with friends or wherever you are comfortable expressing yourself. However, a healthy mourning, and grieving does not mean you will feel better tomorrow. Your grief will still be there tomorrow but you will be better prepared to handle life if you let yourself grieve.

Please check more of our resources for help on grief and mourning.