

Coping with Grief

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It's something that none of us want to go through. And yet, most of us will time and again. Grief is absolutely normal and necessary, but it can also be very painful. It is one of the emotions which makes people human. When persons grieve, it is an indication that they have attached to someone and that they are now having to go through a process of becoming unattached. In some ways, normal grief can be thought of as a positive reflection on the person grieving because it shows that they have had the ability to bond deeply to someone. They have been fully human.

In grief, a person is coming to grips with the fact of another's death. The deceased will never again be a physical part of that individual's life. In addition, the bereaved person may also be dealing with the loss of what could have been. Hopes and dreams may have been lost as well--what a mother or father could have been like, what a spouse could have been, or what a child could have become.

While grief is a normal process, it can also greatly drain people. It can be temporarily debilitating to the point that persons can't work or function at home. It can make people more vulnerable to physical illness and to psychological problems such as depression, for as long as two years following its onset. There are changes in both the endocrine system and immune systems of the body. These changes in turn can cause higher levels of illness in grieving persons.

But though it may have some negative effects, grief is not something to be avoided. This process appears to be "hard wired" into the brain. That is, grief is common to all persons and biologically built into us. Pictures of people's faces around the world have demonstrated how some feelings appear to be the same, regardless of cultural background. Society can shape some of the ways in which we grieve, but no one has to teach us how to feel grief. The display of our grief can be shaped by messages from our families or culture. We may be taught, for instance, that is important to "be brave" and not to show feelings. Some persons may also become inhibited or afraid of expressing grief after childhood experiences of witnessing intense displays of emotions at funerals.

Grief is a process that requires time. It cannot be done "on schedule", and the busy pace of persons today can sometimes interfere with having the time for adequate grieving. Sometimes the workplace puts such demands on us that we try to "downsize" our grief or put it into a box. But it can take weeks merely to get through the initial phase of shock and numbness and to get to the point of accepting the reality of the death. The full process of grieving may require as much as one to three years. Even once the grief seems to be over, it can flare up again. The cycle of birthdays and holidays throughout the year usually provokes fresh feelings of sadness. Christmas can be a particularly painful time, as can be the birthday of the deceased and the anniversary of their death.

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