

What is Grief?

Grief (also known as bereavement) is the sense of loss. The death of a loved one or a pet is often associated with grief. People, on the other hand, grieve when they lose a job or a relationship that has a significant impact on their lives. Grief is also prevalent following a diagnosis of an illness or other health issue.



People experience grief in a variety of ways - and have a variety of thoughts and feelings along the way. People may experience shock, sadness, anger, fear, or anxiety. Some people experience numbness or have difficulty feeling emotions at all. Many people experience relief or peace after a loss.

Grief is a difficult experience. There is no single way to grieve. Grief-related feelings, thoughts, reactions, and challenges are all very personal.