COPING WITH LOSS AND GRIEF

Introduction
The loss of a loved one usually brings with it feelings of grief. Events such as a divorce in the family, the end of a relationship, or the death of a pet can also cause grief. Although everyone has his or her own way of grieving, many people experience grieving as a process involving several stages. This web site has more information about how people experience grief and how they gradually learn to accept and live with their loss.

Links to Explore
How to Deal With Grief
http://www.samhsa.gov and search for the terms “anxiety” and “grief”.

Directions

STEP 1
Click on the link and read the fact sheet.

STEP 2
Explore the web site and open a new page in your Notebook and answer the following questions.

1. List three examples cited on this page of events that can cause grief.
2. Name one symptom of grief that is practically universal.
3. In addition to emotional distress, name three physical symptoms a grieving person might experience.
4. What is the expected time frame for grief?
5. According to this web site, what are the four steps of grieving?

STEP 3
Now that you have completed your research, select a Project Center activity that will allow you to creatively summarize what you have learned. Use your answers to the above questions for reference in creating your project.