



## FAITH'S LODGE

*a place where hope grows*

### Stages of Grief Outline

At one point in each of our lives, we face the loss of someone dear to us. The grief that follows this loss can be unbearable and unclear. Grief is the healing process that we each encounter after a loss; it is the emotional suffering we feel.

Dr. Elisabeth Kubler-Ross, the famous Swiss-born psychiatrist and the author of the groundbreaking book *On Death and Dying* (1969), defines grief in five stages following a serious loss.

Five Stages of Grief:

#### **1. Denial and Isolation**

At first, we tend to deny the loss has taken place, and may withdraw from our usual social contacts. This stage may last a few moments, or longer.

#### **2. Anger**

The grieving person may then be furious at the person who inflicted the hurt (even if she's dead), or at the world, for letting it happen. He may be angry with himself for letting the event take place, even if, realistically, nothing could have stopped it.

#### **3. Bargaining**

Now the grieving person may make bargains with God, asking, "If I do this, will you take away the loss?"

#### **4. Depression**

The person feels numb, although anger and sadness may remain underneath.

#### **5. Acceptance**

This is when the anger, sadness and mourning have tapered off. The person simply accepts the reality of the loss.

During grief one will feel many different and conflicting feelings. Although grief can be a stressful time, denying the feelings and stages of grief can weigh more heavily on the body and mind than going through them. The grief stages are essential to one's recovery process.

Grieving and stress can be improved with good self-care habits. Having a close circle of family or friends, eating a balanced diet, getting exercise and rest are essential to recovering and healing the mind and body of a loss. Practicing good habits in time of grief and dealing with the pain and shock of loss with help one achieve acceptance.