

Chapter 4 Lesson 3: Coping with Loss and Grief

Introduction:

As you learned in this lesson, 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.mentalhealth.samhsa.gov/publications/allpubs/KEN%2D01%2D0104/>

Directions:

- Click on the link and read the National Mental Health Information Center page on dealing with grief.
 - Then 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?

Answers:

1. Three of the following:
 - Death
 - Divorce
 - Job loss
 - A move away from family and friends
 - Loss of good health due to illness
2. Guilt
3. Three of the following:
 - Trembling
 - Nausea
 - Trouble breathing
 - Muscle weakness
 - Dry mouth
 - Trouble sleeping

- Trouble eating
4. There is none. Everyone grieves for different lengths of time.
 5. Accept the loss; work through and feel the physical and emotional pain of grief; adjust to living in a world without the person or item lost; move on with life.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

GriefNet

<http://griefnet.org/>

A Kid's Guide to Divorce

http://www.kidshealth.org/kid/feeling/home_family/divorce.html

Coping with the Death of Your Pet

http://www.hsus.org/pets/pet_care/coping_with_the_death_of_your_pet/index.html