Grieving a Death

Grief is natural and affects the body and mind. People may feel or act differently, and that's normal.

Grief is not simple — feelings change over time. It can take months or years to adjust to the loss of a family member. Spending time with friends and family can help. If the grief feels like too much, please talk to a mental health expert or join a support group.

Physical responses to grief:

Thoughts: You may feel confused, forgetful, or struggle with simple tasks. Be patient with yourself.

Emotions: Strong feelings are normal and usually ease with time.

Behaviors: You may not act like yourself, which is part of coping.

Mourning the loss of a family member is different for everyone. These coping methods may help:

Talk about it: Share your feelings with others. Talking can be healing.

Allow feelings: Sadness, anger, frustration and even relief are all normal.

Take care of yourself: Eat, sleep, bathe and move your body. Basic self-care is key.

Prepare for firsts: Birthdays, anniversaries and holidays bring many feelings. Honor your family member by sharing memories or traditions.

Seek help: If your feelings are too strong for too long, a mental health expert can help.