

HEALTH TIPS FOR FALL, 2010

GRIEF





WHAT IS GRIEF?

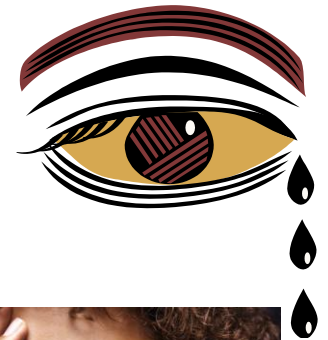


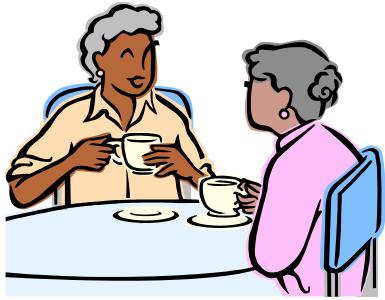
- GRIEF IS THE EMOTIONAL, PHYSICAL, PSYCHOLOGICAL AND/OR SPIRITUAL RESPONSE TO LOSS
- LOSS IS OFTEN THOUGHT OF AS THE DEATH OF A SIGNIFICANT PERSON
- HOWEVER LOSS CAN BE FINANCIAL, JOB, HEALTH, PERSONAL PROPERTY, DIVORCE OR LOSS OF CHILDREN OFF TO SCHOOL



MANIFESTATIONS OF GRIEF

- SADDNESS, DESPAIR
- SLEEPLESSNESS OR SLEEPING CONTINUOUSLY
- UNABLE TO EAT OR OVEREATING
- CRYING, SOBBING, WEEPING
- PHYSICAL PAIN
- INABILITY TO CONCENTRATE
- ANGER AT GOD





TREATMENT



- REALIZE THAT GRIEF IS A NORMAL RESPONSE TO LOSS
- EVERYONE REACTS TO GRIEF DIFFERENTLY
- TALK TO A TRUSTWORTHY FRIEND
- SEEK SPIRITUAL HELP, PRAY
- KEEP ACTIVE, SOCIALIZE WITH FRIENDS
- SEEK PROFESSIONAL HELP

