# The Catholic University of America – Grief & Loss

## Four Tasks of Mourning:

1. Accepting the reality of the loss:
2. Experiencing the pain of grief
3. Adjusting to an environment in which the deceased is missing. This sometimes results in assuming new roles, which can contribute to a sense of anger and resentment.
4. Find an enduring connection with the decreased and move on with life. Through memorializing our departed loved ones, we are able to move forward with life while also keeping them with us.

From Worden, J.W., Grief Counseling and Grief Therapy, Fourth Edition, Spring Publishing Co., NY, 2008.

## Coping with grief:

* Speak with family or friends
* Seek therapy or grief counseling
* Read poetry or books
* Engage in social activities
* Exercise
* Eat healthy, good foods
* Seek spiritual support
* Take time to relax
* Join a support group
* Listen to music
* Be patient with yourself
* Allow yourself to feel grief and acknowledge your pain
* Anticipate that grief may result in different and unexpected emotions
* Accept that your grieving process will be unique to you

## Supporting others who are grieving:

* Be a good listener
* Ask about their feelings
* Just sit with them
* Ask about their loss
* Share your feelings and losses
* Remember the loss
* Make telephone calls
* Acknowledge the pain
* Let them feel sad
* Be available when you can
* Do not minimize grief