



MYTHS & FACTS ABOUT GRIEF

MYTH: The pain will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.

MYTH: It's important to be "be strong" in the face of loss.

Fact: Feeling sad, frightened, or lonely is a normal reaction to loss.

Crying doesn't mean you are weak.

You don't need to "protect" your family or friends by putting on a brave front.

Showing your true feelings can help them and you.

MYTH: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a normal response to sadness, but it's not the only one.

Those who don't cry may feel the pain just as deeply as others.

They may simply have other ways of showing it.

MYTH: Grief should last about a year.

Fact: There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

MYTH: Mourning & grieving follow predictable stages.

Fact: There is nothing predictable or orderly about you will mourn and grieve someone's loss, again everyone mourns in different ways and times.

MYTH: One someone dies you will only mourn and grieve for their physical presence

Fact: When someone you love dies you lose more than the physical presence. You may have many secondary losses such as; your identity, self-confidence, health, physical & emotional security, goals and dreams.

MYTH: No one can help you with your grief other than yourself and you have to do it alone

Fact: Sharing your pain with others will help and in time it will become more bearable. Reaching out for help is connecting and actually strengthens. Help comes from family, friends, grief support groups & counseling to name a few. You are not meant to grieve alone.