Grieving as a form of love

Take Charge Of Your Health Today. Be Informed. Be Involved.

David Stahl

A good way to do this is to understand that grieving is a normal process of adapting to changes in our lives. It is a way that prevents clinical depression and has helped me immensely.

When I lost my job, my family, and my best friend, I began to struggle to find a way to put one foot in front of the other. I was in a state of shock.

However, a day will come when you grieve the death of a spouse — and faced other difficult circumstances. It may be especially hard for people who have lost a close family member or friend. Grieving for a spouse is a form of loss.

One way to cope with the intensity of a spouse's grief is to find a way to express your feelings. You can write in a journal, talk to friends and family, or create a new routine for yourself.

When you're grieving, it's important to remember that you're not alone. There are many people who understand what you're going through. You can find support from grief counseling services, support groups, or online communities.

Naviugate loss and grief

The COVID-19 pandemic disproportionately impacted communities of color and older adults, resulting in the loss of many friends, family, and family members. In response, the National Institute on Aging has focused on ways to care for ourselves and one another as we navigate loss and grief.

UPMC offers resources to help

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