

# The Grieving Process



**Grief:** The natural emotional response resulting from a significant loss—especially the death of a loved one.

Everyone deals with grief differently. People cry, laugh, busy themselves with work, throw up, or even feel numb. Some recover quickly, while others take their time. Grief is a natural healing process, and there's no "right" way to do it.

For some people, grief can become *too* painful. It can grow into something totally different, like depression or anxiety. Other times, grief might last far too long, and take over a person's life for years on end. This is called **complicated grief**.



"Normal" grief varies greatly between cultures, people, and situations.



Grief is a natural process, and does not always require treatment.



About 10% of people develop complicated grief after a loss.



Complicated grief can be treated with psychotherapy.

