

The Words of Loss

Bereavement

- The word is derived from the same root as the word rob.
- It is an unwilling deprivation.
- To be bereaved means to have suffered a loss.

Grief

- Your unique thoughts and feelings in reaction to a loss.
- Grief can not be observed because it is experienced internally.
- Grief is highly individualized.

Mourning

- Your unique external expression of grief.
- Crying, talking about the person who died, visiting the cemetery, journaling, celebrating special dates, participating in a special ritual and/or attending a support group are examples of mourning.

Healing

- A renewed sense of meaning and purpose in your life that comes only after fully embracing your grief and “doing” your mourning.

For more information call (727) 467-7423 or visit SuncoastHospice.org.

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