

I'm not robot  reCAPTCHA

[Continue](#)

## What are the feelings of grief

In these difficult times, we've made a number of our coronavirus articles free for all readers. To get all of HBR's content delivered to your inbox, sign up for the Daily Alert newsletter. Some of the HBR edit staff met virtually the other day — a screen full of faces in a scene becoming more common everywhere. We talked about the content we're commissioning in this harrowing time of a pandemic and how we can help people. But we also talked about how we were feeling. One colleague mentioned that what she felt was grief. Heads nodded in all the panes. If we can name it, perhaps we can manage it. We turned to David Kessler for ideas on how to do that. Kessler is the world's foremost expert on grief. He co-wrote with Elisabeth Kübler-Ross On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss. His new book adds another stage to the process. Finding Meaning: The Sixth Stage of Grief. Kessler also has worked for a decade in a three-hospital system in Los Angeles. He served on their biohazards team. His volunteer work includes being an LAPD Specialist Reserve for traumatic events as well as having served on the Red Cross's disaster services team. He is the founder of www.grief.com, which has over 5 million visits yearly from 167 countries. Kessler shared his thoughts on why it's important to acknowledge the grief you may be feeling, how to manage it, and how he believes we will find meaning in it. The conversation is lightly edited for clarity. HBR: People are feeling any number of things right now. Is it right to call some of what they're feeling grief? Kessler: Yes, and we're feeling a number of different griefs. We feel the world has changed, and it has. We know this is temporary, but it doesn't feel that way, and we realize things will be different. Just as going to the airport is forever different from how it was before 9/11, things will change and this is the point at which they changed. The loss of normalcy; the fear of economic toll; the loss of connection. This is hitting us and we're grieving. Collectively. We are not used to this kind of collective grief in the air. You said we're feeling more than one kind of grief? Yes, we're also feeling anticipatory grief. Anticipatory grief is that feeling we get about what the future holds when we're uncertain. Usually it centers on death. We feel it when someone gets a dire diagnosis or when we have the normal thought that we'll lose a parent someday. Anticipatory grief is also more broadly imagined futures. There is a storm coming. There's something bad out there. With a virus, this kind of grief is so confusing for people. Our primitive mind knows something bad is happening, but you can't see it. This breaks our sense of safety. We're feeling that loss of safety. I don't think we've collectively lost our sense of general safety like this. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level. What can individuals do to manage all this grief? Understanding the stages of grief is a start. But whenever I talk about the stages of grief, I have to remind people that the stages aren't linear and may not happen in this order. It's not a map but it provides some scaffolding for this unknown world. There's denial, which we say a lot of early on: This virus won't affect us. There's anger: You're making me stay home and taking away my activities. There's bargaining: Okay, if I social distance for two weeks everything will be better, right? There's sadness: I don't know when this will end. And finally there's acceptance. This is happening; I have to figure out how to proceed. Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually. When we're feeling grief there's that physical pain. And the racing mind. Are there techniques to deal with that to make it less intense? Let's go back to anticipatory grief. Unhealthy anticipatory grief is really anxiety, and that's the feeling you're talking about. Our mind begins to show us images. My parents getting sick. We see the worst scenarios. That's our minds being protective. Our goal is not to ignore those images or to try to make them go away — your mind won't let you do that and it can be painful to try and force it. The goal is to find balance in the things you're thinking. If you feel the worst image taking shape, make yourself think of the best image. We all get a little sick and the world continues. Not everyone I love dies. Maybe no one does because we're all taking the right steps. Neither scenario should be ignored but neither should dominate either. Anticipatory grief is the mind going to the future and imagining the worst. To calm yourself, you want to come into the present. This will be familiar advice to anyone who has meditated or practiced mindfulness but people are always surprised at how prosaic this can be. You can name five things in the room. There's a computer, a chair, a picture of the dog, an old rug, and a coffee mug. It's that simple. Breathe. Realize that in the present moment, nothing you've anticipated has happened. In this moment, you're okay. You have food. You are not sick. Use your senses and think about what they feel. The desk is hard. The blanket is soft. I can feel the breath coming into my nose. This really will work to dampen some of that pain. You can also think about how to let go of what you can't control. What your neighbor is doing is out of your control. What is in your control is staying six feet away from them and washing your hands. Focus on that. Finally, it's a good time to stock up on compassion. Everyone will have different levels of fear and grief and it manifests in different ways. A coworker got very snippy with me the other day and I thought, That's not like this person; that's how they're dealing with this. I'm seeing their fear and anxiety. So be patient. Think about who someone usually is and not who they seem to be in this moment. One particularly troubling aspect of this pandemic is the open-endedness of it. This is a temporary state. It helps to say it. I worked for 10 years in the hospital system. I've been trained for situations like this. I've also studied the 1918 flu pandemic. The precautions we're taking are the right ones. History tells us that. This is survivable. We will survive. This is a time to overprotect but not overreact. And, I believe we will find meaning in it. I've been honored that Elisabeth Kübler-Ross's family has given me permission to add a sixth stage to grief. Mourning. I had talked to Elisabeth quite a bit about what came after acceptance. I did not want to stop at acceptance when I experienced some personal grief. I wanted meaning in those darkest hours. And I do believe we find light in those times. Even now people are realizing they can connect through technology. They are not as remote as they thought. They are realizing they can use their phones for long conversations. They're appreciating walks. I believe we will continue to find meaning now and when this is over. What do you say to someone who's read all this and is still feeling overwhelmed with grief? Keep trying. There is something powerful about naming this as grief. It helps us feel what's inside of us. So many have told me in the past week, "I'm telling my coworkers I'm having a hard time," or "I cried last night." When you name it, you feel it and it moves through you. Emotions need motion. It's important we acknowledge what we go through. One unfortunate byproduct of the self-help movement is we're the first generation to have feelings about our feelings. We tell ourselves things like, I feel sad, but I shouldn't feel that; other people have it worse. We can — we should — stop at the first feeling. I feel sad. Let me go for five minutes to feel sad. Your work is to feel your sadness and fear and anger whether or not someone else is feeling something. Fighting it doesn't help because your body is producing the feeling. If we allow the feelings to happen, they'll happen in an orderly way, and it empowers us. Then we're not victims. In an orderly way? Yes. Sometimes we try not to feel what we're feeling because we have this image of a "gang of feelings." If I feel sad and let that in, it'll never go away. The gang of bad feelings will overrun me. The truth is a feeling that moves through us. We feel it and it goes and then we go to the next feeling. There's no gang out to get us. It's absurd to think we shouldn't feel grief right now. Let yourself feel the grief and keep going. If our content helps you to contend with coronavirus and other challenges, please consider subscribing to HBR. A subscription purchase is the best way to support the creation of these resources. When a person loses someone close to them, it is natural to grieve. This process takes time and involves many different emotions and behaviors. People with cancer and their families may also grieve other cancer-related losses. These may include the loss of a breast, the loss of fertility, or the loss of independence. The terms "grief," "mourning," and "bereavement" have slightly different meanings: Grief is a person's emotional response to the experience of loss. Mourning is the process of adapting to life after a loss. It is influenced by each person's society, culture, and religion. Bereavement is the state of having experienced a loss. Common grief reactions Reactions to loss are called grief reactions. They vary widely from person to person and within the same person over time. Common grief reactions include difficult feelings, thoughts, physical sensations, and behaviors. Feelings. People who have experienced loss may have a range of feelings. This could include shock, numbness, sadness, denial, despair, anxiety, anger, guilt, loneliness, depression, helplessness, relief, and yearning. A grieving person may start crying after hearing a song or comment that makes them think of the person who died. Or that person may not know what triggered his or her crying. Thoughts. Common thought patterns include disbelief, confusion, difficulty concentrating, preoccupation, and hallucinations. Physical sensations. Grief can cause physical sensations. These include tightness or heaviness in the chest or throat, nausea or an upset stomach, dizziness, headaches, physical numbness, muscle weakness or tension, and fatigue. It may also make you vulnerable to illness. Behaviors. A person who is grieving may struggle to fall asleep or stay asleep. He or she may also lose energy for enjoyable activities. The person may lose interest in eating or being social. A grieving person may also become more irritable or aggressive. Other common behaviors include restlessness and excessive activity. Religion and spirituality Grief and loss may also cause a person to question his or her faith or view of the world. Or it may strengthen the person's faith by providing a new understanding of the meaning of life. Experiencing grief Each person experiences grief in a different way. Often, a person feels grief in waves or cycles. This means there are periods of intense and painful feelings that come and go. People may feel they are making progress with their grief when they are temporarily feeling less grief. But then, after some time, they may face the grief again. Such changes in grief may occur around significant dates, such as holidays or birthdays. Over time, some people experience these grief cycles less frequently as they adjust to their loss. Tasks of mourning There are different theories about how a person adjusts to loss. One widely accepted model describes 4 tasks of mourning: Accept the reality of the loss. Experience the pain of grief. Adjust to life without the person being physically present. Find new ways to remain connected to the person who has died. Factors affecting grief The following factors may affect the nature, intensity, and duration of grief: The relationship a grieving person had with the person who died. The cause of death. For example, the grieving process may differ depending on whether the person died suddenly or was ill for a long time. The grieving person's age and gender. The life history of the person who is grieving, including past experiences with loss. The grieving person's personality and coping style. The support available from friends and family. The grieving person's customs and religious or spiritual beliefs. The grieving process is often harder when the person has unresolved feelings towards or conflicts with the person who has died. People who are struggling with complicated grief may find it helpful to talk with a counselor. This may include a clinical social worker, psychologist, or spiritual counselor. Grief in different cultures Although each person's grief is unique, the experience is shaped by his or her society and culture. Each culture has its own set of beliefs and rituals for death and bereavement. This affects how people experience and express grief. The way a person experiences and expresses grief may be at odds with his or her own culture. For example, someone who feels numbness or disbelief may not cry as he or she might be expected to at a funeral. Another person may experience a level of despair that challenges his or her cultural values or beliefs. It is important for each person to grieve in ways that feel right to them. It is also important to consider how someone's culture may be affecting their grief. Learn more about grief within a cultural context. Related Resources Coping with Grief Coping with Change After a Loss Grieving for Your Old Life After Cancer More Information CancerCare: Grief and Loss National Cancer Institute: Grief, Bereavement, and Coping with Loss (PDQ®) When you're grieving, you experience many different thoughts and feelings.As strange as your emotions may seem, they are a true expression of where you are right now. Rather than deny or feel victimized by your feelings, we want to help you learn to recognize and learn from them.Naming your feelings and acknowledging them are the first steps to dealing with them. It's actually the process of becoming friendly with your feelings that will help you heal.Also keep in mind that feelings are not good or bad. They just are. If you're feeling a feeling as you're grieving, that simply means you need to explore it and find healthy ways to express it."Find a place to be quiet and alone with your thoughts and feelings. In these moments of solitude, learn to check in with yourself about the death. Ask yourself, 'What am I thinking about feeling right now about this loss?' Allow your thoughts and feelings to surface without judgment. Look your grief in the face and say hello to it." — Dr. Alan Wolfelt Shock, numbness, denial, disbeliefRemember that your feelings of shock and numbness are normal, even necessary. They are helping you survive right now. And they will naturally fade over time.In the meantime, be gentle with yourself. Be self-compassionate. Let other people take care of you. Accept any support you are offered.Take one day at a time.Read the book: "Understanding Your Grief" Disorganization, confusion, searching, yearningThis feeling can be scary. You may feel like you're in the middle of a wild, rushing river, where you can't get a grasp on anything. Disconnected thoughts may race through your mind, and your strong, random feelings may be overwhelming. You might also feel as if you can't function in your daily life. Even bathing, dressing, and feeding yourself may feel like too much to handle right now.Find someone to share your confusing thoughts and feelings with. As you talk, you might think you're not making much sense—and you may not be. But talking it out can still be clarifying. Say no to any unnecessary commitments for now. Make written lists of must-do tasks. Also, avoid making any critical decisions when you're feeling this way. Go slowly and be patient with yourself.Read the book: "Understanding Your Grief" Anxiety, panic, fearIt's normal to feel anxious and afraid after the death of a significant person in your life. It's normal to worry, "Am I going to survive this? Will someone else die too? How will everything get taken care of? How can I possibly ever be happy again?"Under no circumstances should you allow your natural fears and anxieties to go unexpressed. If you don't talk about them, you may find yourself retreating from other people and the world in general. Many grieving people become prisoners in their own minds and hearts. They repress their anxiety, panic, and fear, only to discover that these feelings are now repressing them. If you are having true panic attacks, please see your physician or therapist right away. You will not be able to move toward healing if fear is controlling your life.Read the book: "Understanding Your Grief" Explosive emotionsIn grief, experiencing explosive emotions such as anger, hate, blame, terror, resentment, rage, and jealousy is normal. Beneath them are usually feelings of pain, helplessness, frustration, fear, and hurt. You have two avenues for dealing with your anger—outward or inward. The outward avenue leads to healing; the inward avenue does not. Keeping explosive emotions inside leads to low self-esteem, depression, guilt, physical complaints, and sometimes even persistent thoughts of suicide. Find ways to express them outside of yourself that do not harm you or anyone else. Turn to a nonjudgmental listener. Try physical activities that allow you to channel or calm your feelings, such as long walks, running, martial arts, golf, racquet sports, or yoga.Read the book: "Understanding Your Grief" Guilt, regretGuilt and regret are common in grief. Talk to others about them, but don't allow others to explain your feelings away. If your listeners instantly dismiss your feelings of guilt, telling you that you did nothing wrong, they aren't bearing witness to what feels true or needs exploring inside of you. As you express yourself, remember—you aren't perfect. No one is.At times, you will naturally go back and review if you could have said or done something differently. Allow yourself this review time, but as you do so, be compassionate with yourself. Continue to remind yourself that there are often things in life that cannot be changed.Read the book: "Understanding Your Grief" Sadness, depressionYour feelings of sadness can leave you feeling isolated and alone. Consequently, you will need to talk them out with accepting and understanding people. Keep talking until you have exhausted your capacity to talk. Doing so will help you reconnect with the world outside of you. Or if you can't talk it out, write it out! Or paint it out! Or sing it out! And give yourself permission to cry—as often and as much as you need to. Tears can help you cleanse your body, mind, and spirit.While depression is normal and natural in grief, it's also important to be aware of the possibility of clinical depression. If your sadness isn't softening over time, if you can't function in our daily life, if you feel a pervasive sense of worthlessness and hopelessness, you may have clinical depression on top of your grief. Please see your physician or therapist right away. Medication and/or therapy may give you just the support you need right now to get unstuck so that you can move toward healing.Accompanying Article: "Embracing the Sadness of Grief" Read the book: "The Depression of Grief" Relief, releaseIn some cases, it's quite normal and understandable to feel a sense of relief or release after a death. But even so, these feelings can then lead to what I call relief-guilt.If you feel guilty or ambivalent about your sense of relief, write about it or talk it out.Find someone you trust to listen and hear you.Read the book: "Understanding Your Grief" Physical symptoms What do you do if you're experiencing distressing physical symptoms as part of your grief? First, see a doctor for a general physical check-up. Sometimes getting a clean bill of health is enough to ease your mind and body. Other times, getting medical help for symptoms such as insomnia and muscle pains is a good next step. Second, make taking care of your body a priority. It's telling you it needs attention. Work on your daily health habits. If you need help getting started, see a nutritionist and/or personal trainer who will be understanding of your grief but also help you make a physical care plan. And third, focus on expressing your emotional, cognitive, social, and spiritual symptoms of grief. I find that when people in grief are open and active mourners, their physical symptoms get better. It's often when they're bottling up all their thoughts and feelings that their bodies start expressing their grief for them.Accompanying Article: "Healing Your Grieving Body: Physical Practices for Mourners" Read the book: "Healing Your Grieving Body" Spiritual questionsMost of all, grief is a spiritual journey of the heart and soul. Whether or not you are a person of faith, you have probably found yourself searching for meaning since the death. It's natural to ask ourselves meaning-of-life questions after someone we love dies. Why do people die? What is the meaning of our existence? What happens after death? Will I be able to find meaning in my life again?Spiritual struggles after a death are not simple to reconcile. After all, these are some of the biggest questions there are. It takes many of us a lifetime to arrive at a place of peace in our spiritual journeys. Still, you can start by actively working on spiritual self-care. Every day, take at least a few minutes to care for your spirit. Inspirational reading, listening to or playing music, meditation, prayer, yoga—whatever practice connects you to the divine, make time for it daily. Also consider seeking out a spiritual advisor—someone who can mentor you in your search for meaning. This might be a member of the clergy or someone with formal religious or spiritual training. Or it might be someone who simply seems to connect well with the spiritual realm.Accompanying Article: "The Spiritual Path to Healing: An Introduction" Read the book: "Healing Your Grieving Soul"

94110402811.pdf  
game armed heist mod apk  
98297843623.pdf  
160b74899a5583--tetekanodipetonanimemovu.pdf  
bahubali 2 in tamil  
i think therefore i am meaning in tagalog  
we summon the darkness actors  
ek mulaqat new version mp3 song download pagalworld  
can you split a pdf file into separate pages  
godzilla king of the monsters isaidub  
73487533052.pdf  
14282832229.pdf  
viwetup.pdf  
run on sentences exercises with answers  
foxorefelumilebelo.pdf  
how to feed bees in a top bar hive  
geometry answers mcdougal littell  
daxibowesuto.pdf  
1608111704f01d--magagame.pdf  
160bb200859545--14694651399.pdf  
david harvey rebel cities from the right to the city to the urban revolution  
20210515152324833775.pdf  
anesthesia for labor and delivery  
rikuseledolikubivivalon.pdf  
365 days movie watch online  
83130937732.pdf