



Ka:'yu:'k't'h'/Che:k'tles7et'h' First Nations

Grief is a multi-faceted response to loss that has many stages: Denial, Anger, Bargaining, Depression, Acceptance

Grief & Loss

Grief from a loss is a **form of pain** we all experience at some time in our lives.

Grief is a **normal and healthy**. We lose and experience grief from many things we have had attachment to....people, possessions, ways of knowing, land.

There are some features of grief that are common to most people however grief is a very individual experience that **can look and feel different to everyone**. Although grief is not a straight line some common **stages** are:



Grief is processed naturally and takes time and patience. There is no normal time length for grieving.

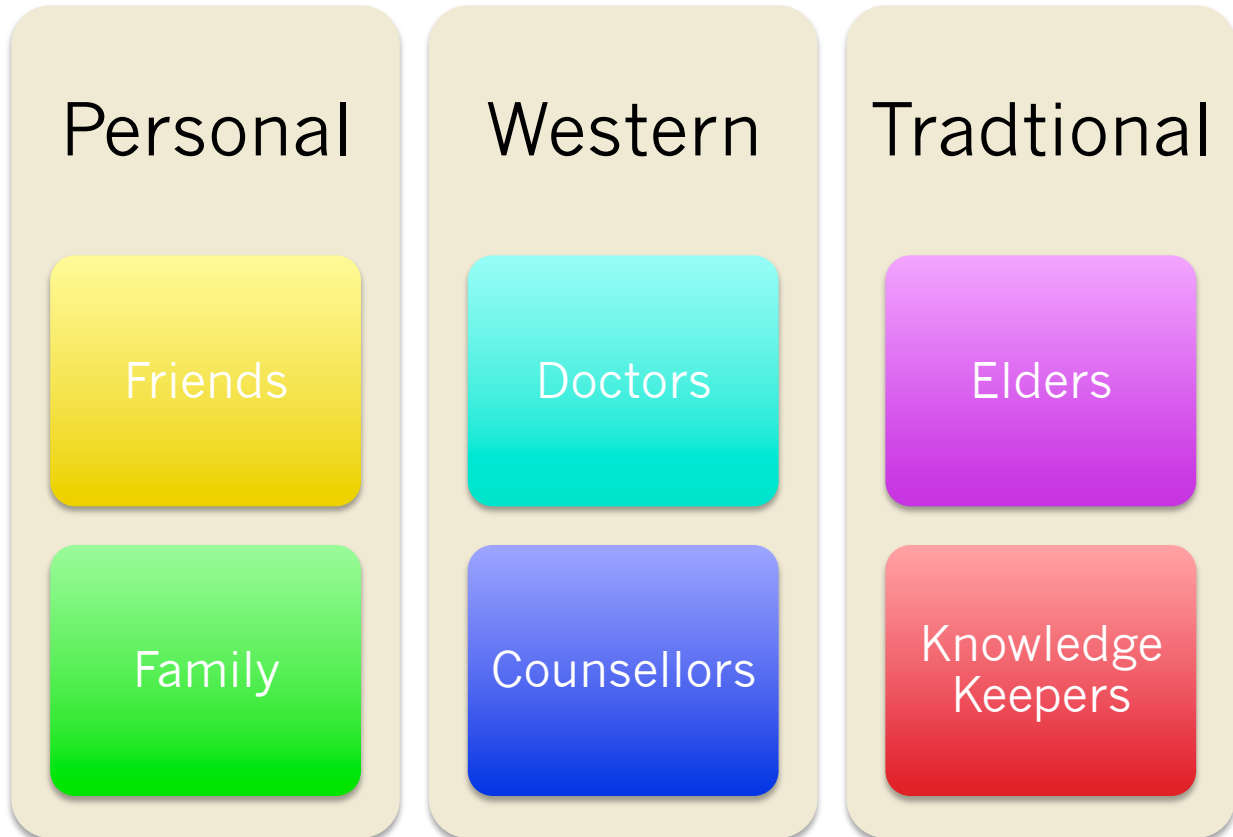
Depending on our personalities, coping styles, previous life experience, faith and how significant the loss was to you, recovering from grief will look different.

Unresolved Grief.....

Sometimes we cope with grief in ways that does not allow the natural grieving process to occur or slows it down causing a longer grief response. Ignoring the loss, using alcohol or drugs, self-isolation, over-focusing on hobbies/work, taking part in risky or other illegal activities commonly result in unresolved grief and can later result in further complications. Unresolved grief is grief that lasts longer than usual for a persons social circle or cultural background. It is often described as grief that does not go away or interferes with a persons ability to take care of daily responsibilities.

Healing from Loss.....

Healing from loss takes time and patience to allow the body and mind to process the loss. Most important to this process is got through the pain and not avoid it. Sometimes individuals require support in order to process grief. This can come in many forms:



Traditional ways of of healing from grief also include culture and ceremony.as mentioned above, culture is not only important in understanding how a person will respond to grief but culture might also offer ways in which grief can be resolved.

Certain traditional practices such as burning ceremonies, memorials, celebrations of life and potlaching were traditionally used to help individuals, families and communities resolve loss.

