

About Grief

Grief is the normal, universal reaction we have to the loss of a significant someone or something in our lives. Feelings of loss can be very painful, and while there are commonalities among individuals experiencing bereavement, each person grieves in his or her unique way at his or her own pace. There are no written scripts for how to grieve or for how long to grieve, and there is no right or wrong way to grieve. Your experience of grief is utterly individual to your experience.

The loss of a loved one is one of the most stressful things that you can endure in life and it impacts our emotional, physical and spiritual well-being. It is very important to find a way to deal with and honor your grief. Unaddressed grief can often lead to depression and other serious health issues. Individual and group therapy can be enormously beneficial in helping individuals deal with grief.

Consider a Support Group: Most people feel shy about joining a grief group, but support groups are a time-tested method of help for people struggling with all sorts of difficulties. Although no one has a magic formula for “fixing” grief, groups can provide comforting relief by allowing you be with others who deeply understand how you are feeling. Grief groups provide members with validation and understanding of the intensity of their experience and helps to combat isolation by providing members with a compassionate community that will support them in their struggle. It also allows members the opportunity to share their strengths and coping strategies. This sharing provides affirmation and hope that one can survive loss. Additionally, many support groups are offered free of charge to make them accessible to everyone.

Many local hospices also provide grief support to those who have lost a loved one to illness, regardless of whether hospice services were used. Some hospices may provide short term individual counseling, as well.

Capital Caring: 1-855/ 571-5700 (No.Va., D.C., Prince Georges)

Vitas Hospice: 703/270-4300 (Multiple Locations)

Blue Ridge Hospice: (540) 313-9200 (Counties: Frederick, Clarke, Warren, Page, Shenandoah, Loudoun, Fauquier, Rappahanock)