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grief is the anguish experienced after significant loss usually the death of a beloved person grief often includes physiological distress separation anxiety confusion yearning obsessive dwelling on the past and apprehension about the future intense grief can become life threatening through disruption of the immune system self neglect and suicidal thoughts jan 10 2023 what is grief grief is a natural response to loss it s the emotional suffering you feel when something or someone you love is taken away often the pain of loss can feel overwhelming you may experience all kinds of difficult and unexpected emotions from shock or anger to disbelief guilt and profound sadness grief is the response to loss particularly to the loss of someone or some living thing that has died to which a bond or affection was formed although conventionally focused on the emotional response to loss grief also has physical cognitive behavioral social cultural spiritual and philosophical dimensions dec 12 2022 grief is a natural response to losing someone or something that s important to you you may feel a variety of emotions like sadness or loneliness and you might experience it for a number of jan 1 2020 the grieving process can take a toll on one s body make sure you check in with your loved ones and that they are taking the necessary healthy steps to maintain their health reach out and help others dealing with the loss spending time with loved ones of the deceased can help everyone cope grief is the natural reaction to loss grief is both a universal and a personal experience individual experiences of grief vary and are influenced by the nature of the loss some examples of loss include the death of a loved one the ending of an important relationship job loss loss through theft or the loss of independence through disability experts advise those grieving to realize noun 'grēf deep and poignant emotional distress caused by or as if by bereavement although there is no consensus on the defining features that would distinguish normal and pathological grief it is generally accepted that grief becomes pathological when the reactions are excessive prolonged or unresolved jun 27 2022 grief is an overwhelming emotion it s not unusual to respond to the strong and often sudden feelings by pretending the loss or change isn t happening denying it gives you time to more gradually jul 26 2022 the 5 stages of grief is a theory developed by psychiatrist elisabeth kübler ross it suggests that we go through five distinct stages after the loss of a loved one these stages are denial anger bargaining depression and finally acceptance denial grief is the acute pain that accompanies loss because it is a reflection of what we love it can feel all encompassing grief is not limited to the loss of people but when it follows the loss

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