

Myths vs Facts About Grief

MYTH: Grief follows a linear path and there is a specific timeline for healing.

FACT: Grief is unique to everyone and it's not a linear experience.

VS

MYTH: Grief should be kept private and expressing emotions is a sign of weakness

FACT: Sharing your feelings is a healthy part of grieving. It's important to seek support from friends, family or mental health professionals

VS

MYTH: Time heals all wounds and you'll eventually "get over" your grief.

FACT: Grief is a lifelong process. It's about learning to live with loss rather than completely overcoming it.

VS

MYTH: Grief only happens after death

FACT: Grief can be triggered by all different types of losses, such as divorce, job loss, the loss of a pet, or a significant life change

VS

MYTH: Keeping busy and avoiding emotions is the best way to cope with loss

FACT: It's important to balance activity with moments of reflection and expression. Avoiding emotions can delay the grieving and healing process

VS

Just the Facts About Grief

FACT: Grief is a natural response to loss and can manifest in countless ways – emotionally, physically, and spiritually.

FACT: Everyone grieves differently. There is no right or wrong way to grieve and each person's experience is valid.

FACT: Grief can resurface, especially during anniversaries, holidays, or significant life events. This is normal and doesn't suggest a lack of progress.

FACT: It's common to experience a range of emotions when we grieve, including anger, guilt, and sadness. These feelings are part of the process.

FACT: Grief is not a problem to be solved but a process to be navigated. Seeking support and professional help is a healthy way to cope.

Understanding these facts can help dispel myths and foster a more compassionate and realistic approach to grief.