



Survivors

- It is ok to feel the emotions the loss produces – do not hide them.
- It is ok to tell others about the emotions being felt.
- Grief is not orderly, linear, or predictable.
- No one really "gets over" a loss, but he/she can heal and learn to live with a loss and/or live without the deceased.
- Prayer is vital, as it can build a personal relationship with God.

Grief Takes a Long Time



Things to Know

Definitions

Loss is the absence of a person or situation.

Grief is an emotional response to the loss.

Mourning is the outward, emotional, and social response to the loss.

Bereavement includes the emotions of grief and the outward signs of mourning shown by the survivor.

Support

- Cultural beliefs may dictate how long a person mourns and how the survivor "should" act during the time of bereavement.
- Encourage the bereaved to talk openly about the death.
- Allow time (days, weeks, months) for the feelings to be expressed.
- Solve immediate, practical problems, but consider postponing long-term decisions.

Loss and Grief



Grief affects survivors physically, psychologically, socially, and spiritually. Loss, grief, mourning, and bereavement are experienced by people in accordance with his/her own cultural norms and faith.

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