

HOSPICE *of the* VALLEY
Bereavement Literature

KEY POINTS ABOUT GRIEF

- Grief is a universal response to significant loss.
- Grief is extremely powerful.
- Understanding the process and knowing what to expect can help you cope.
- The worst kind of grief is the grief you're experiencing now.
- Grief work is very hard and takes enormous energy.
- How grief is expressed varies among individuals.
- Certain manifestations of grief are common and normal.
- Grief is a lifelong process.
- Grief changes through the years.
- Death may have ended your loved one's life, but it did not end your relationship.
- Time does not heal grief; it's what we do with the time that matters.
- Effective grieving is not done alone.

– Marty Tousley CNS-BC, FT, in Finding Your Way through Grief: A Guide for the First Year