



Family and Caregiver Education

BEREAVEMENT

Four Key Facts About Grief

1. The way out of grief is through it. (Because there is no way around it.)
2. The very worst kind of grief is yours. (So never apologize for grieving.)
3. Grief is hard work. (The harder you try to avoid it, the more difficult it becomes.)
4. Effective grief work is not done alone. (You need to talk about your experiences and your feelings.)

Grief

The work you must do after any major loss in your life to regain your balance and recover a sense of joy.

Bob Deits, *Life after Loss: A Personal Guide Dealing with Death, Divorce, Job Change and Relocation*, Fisher Books, 2000

© 2010 Hospice of the Valley

Bereavement Services

602.530.6970

1 of 1

PE BV 2117 | 08.10