

# PROCESSING GRIEF

## WHAT IS GRIEF?

Grief is the emotional suffering you feel when you experience loss. We will all experience grief, or a sense of loss, at some point—especially as the COVID-19 pandemic continues. You may be experiencing the grief of losing your job, missing out on activities, or visiting with loved ones. Your pain matters, no matter how small it feels compared to someone else's experiences. Take time to recognize your loss and use this guide to help process your grief in a meaningful way.

## PROCESSING THROUGH GRIEF



### Embrace

Be present and acknowledge your grief. Ignoring or resisting your feelings of sadness and pain will only prolong the grieving process. By sitting with these feelings, you can begin to accept and process the loss.



### Express

From your loss, you can create. Finding a way to channel your grief through art, music, photography or other creative outlets can help you understand your story and process the loss you are experiencing. Writing in a journal can help you articulate and reflect on your thoughts and feelings.



### Share

Your grief needs to be heard and validated. You can turn to family, friends or professional help (like a therapist or grief counselor) for support. You can also join a support group and share your story with others.

Healing from grief is a personal experience that has no set timeframe. It is important to be patient with yourself and allow the process to unfold naturally.

**Learn more:** [emoryhealthcare.org/gotyoursix](https://emoryhealthcare.org/gotyoursix)

**EMORY**  
HEALTHCARE

Veterans Program

[EMORYHEALTHCARE.ORG/VETERANS](https://emoryhealthcare.org/veterans)

888-514-5345