

Grief

What is it? Why is it? How do we deal with it?

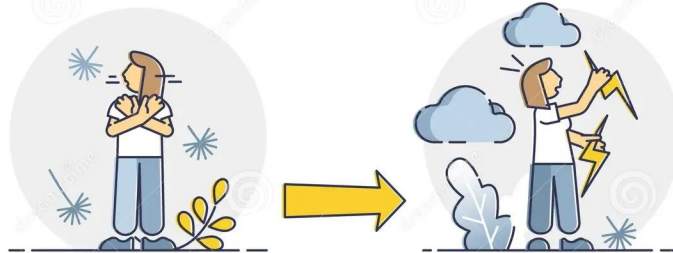
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Therapy**

The Grieving Process: Coping with Death

<https://www.youtube.com/watch?v=gsYL4PC0hyk>



Grief
is
love
unfinished...



1. DENIAL



2. ANGER

STAGES OF GRIEF



5. ACCEPTANCE



3. BARGAINING



4. DEPRESSION

5 Stages of Grief

1) DENIAL

5 Stages of Grief

2) ANGER

5 Stages of Grief

3) BARGAINING

5 Stages of Grief

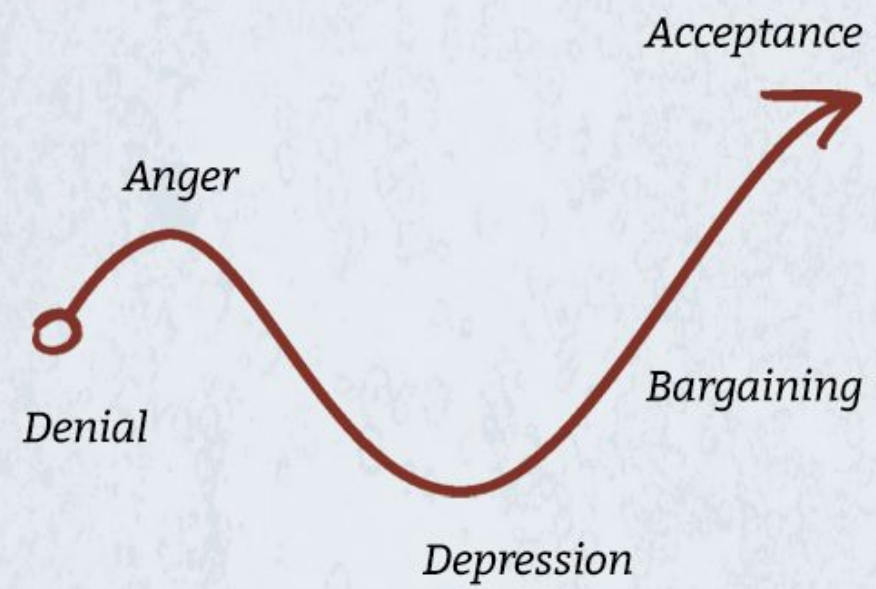
4) DEPRESSION

5 Stages of Grief

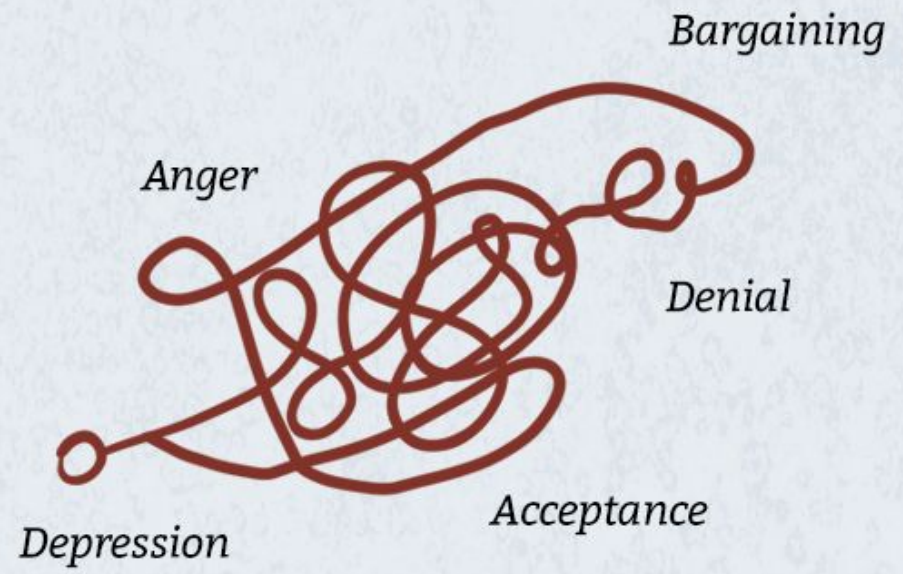
5) ACCEPTANCE

Stages of Grief

The experience you expected:



The experience you got:



Ashley, how long does this take?

The duration to move through the stages of grief varies greatly. One person may take weeks, while another may take months or even years. Whatever time it takes for you to go through these stages is perfectly normal. As we consider the 5 Stages of Grief, it is important to note that people grieve differently. (www.verywellmind.com/five-stages-of-grief-4175361)

MAUNDY THURSDAY

How do we grieve the death of Jesus?



GRIEF STATISTICS



10 TO 20% of people who suffer a loss experience **PROLONGED OR COMPLICATED** grief

About **43%** of people who lose someone to **SUICIDE** have complicated grief reactions.

Americans Are Grieving

57% Experienced a close loss in the last 3 years

