

GRIEF is REAL

STAGES	STAGES CAN LOOK LIKE	COMMON EMOTIONAL SYMPTOMS	COMMON PHYSICAL SYMPTOMS	Response
Shock	Disbelief	Anger	Aches	Own your feelings. Your feelings are your feelings.
Denial	Denying is a coping or defense mechanism typically used to numb the pain.	Fear	Fatigue	Express your feelings in your own way.
Anger	Anger toward your circumstances, other people, the world...even the person who died.	Guilt	Insomnia	Try to maintain your hobbies and interests.
Bargaining	“What if” and “if only” statements	Sadness	Gastrointestinal upset	Don't let anyone tell you how to feel!!! Don't let anyone tell you how to feel!!! Don't let anyone tell you how to feel!!!
Depression	May have feelings of emptiness, sadness, and hopelessness about the future. May have difficulties with self-care, withdraw from daily activities once enjoyed.		Weight gain/loss	Manage and maintain your physical health.
Testing	Trying to find solutions that provides a means of dealing with loss			There will be grief “triggers” - birthdays, anniversaries, holidays, etc. Plan

<p>Acceptance</p>	<p>Acceptance does not mean you've moved past the grief; it may not be a happy or uplifting stage of grief. It means that you've accepted the loss and understand what it means in your life now.</p>			<p>Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.</p>
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There is **NO SHAME** in seeking **SUPPORT**.

Grief and loss resources

- Crisis Call Center – Phone: **775-784-8090**
- Find a Grief Share group meeting near you - Worldwide directory of support groups for people grieving the death of a family member or friend.
Phone: **800-395-5755** Email: info@griefshare.org
- National Alliance for Grieving Children - **(866) 432-1542**
- The Compassionate Friends - help for grieving the loss of a child – Phone: **(877) 969-0010**
- **If you're feeling SUICIDAL...**
- Seek help immediately. Talk to someone you trust, or call a suicide helpline:
Suicide Hotline Phone: **1-800-273-8255**

**Ebenezer Missionary Baptist Church
Health Ministry
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