

What Is Grief

Grief is a natural response to loss. It is the emotional, physical, and psychological reaction we experience when someone we love dies or when we face a major life change. While grief is most often associated with death, it can also occur after other significant losses, such as changes in health, relationships, or personal circumstances.

Every person experience grief differently. There is no single “correct” way to grieve. What matters most is giving yourself the time and space to process your emotions in a way that feels right for you.

Grief is a natural, deep emotional and physical response to a significant loss.

How Grief Feels

- **Emotional:** You may feel profound sadness, anger, guilt, shock, or numbness.
- **Physical:** Your body might react with extreme tiredness, trouble sleeping, or tightness in your chest.
- **Mental:** You may feel foggy, confused, or find it hard to focus.

Causes of Grief

- Death of a family member, friend, or pet.
- Ending a major relationship or a job
- Receiving a serious health diagnosis.

Healing and Coping

- Grief does not follow a straight path and comes in unpredictable waves.
- There is no set timeline or correct way to move through it.
- Healing means learning to live with the loss over time.

If you or someone you know is struggling, I can share **healthy coping strategies** or **resources for professional support**.

There Is No Right or Wrong Way to Grieve

Grief does not follow a straight path. Some days may feel manageable, while others may feel overwhelming. You may experience moments of peace followed by sudden waves of sadness or emotion. This is normal.

There is no set timeline for grief. Some people begin to feel steadier after months, while others may carry certain emotions for years. Grief does not mean you are doing something wrong. It reflects the depth of love and connection you shared.

Your journey is personal, and it deserves patience, understanding, and compassion.

Common Reactions to Grief

Grief can affect many areas of life. Emotional, physical, mental, and behavioral reactions are common and may change over time.

Emotional Reactions

- Sadness or tearfulness
- Anger or frustration
- Guilt or regret
- Loneliness or feelings of emptiness
- Anxiety or fear
- Relief after a long illness, which may bring mixed emotions

Physical Reactions

- Fatigue or low energy
- Changes in appetite
- Difficulty sleeping
- Tightness in the chest or stomach
- Headaches or general body discomfort

Cognitive Reactions

- Difficulty concentrating
- Forgetfulness
- Feeling mentally foggy
- Racing thoughts
- Frequent thoughts about your loved one

Behavioral Reactions

- Withdrawing from social activities
- Changes in daily routines
- Restlessness or pacing
- Increased crying or emotional numbness

These responses are common and do not mean something is wrong with you. If symptoms feel overwhelming or continue for a long period of time, additional support may be helpful.

Simple Grief Models That May Help

Some people find comfort in understanding grief through simple models. These are not rules to follow, but tools that can offer perspective and reassurance.

Worden's Tasks of Mourning

This model focuses on four tasks that people may move through over time:

- Accepting the reality of the loss
- Allowing yourself to experience the pain of grief
- Adjusting to life without your loved one
- Finding ways to stay emotionally connected while continuing to live fully

These tasks do not happen in a specific order and may overlap. It is normal to revisit them throughout the grieving process.

The Dual Process Model

This model recognizes that people often move between two types of coping:

- **Loss focused coping**, such as remembering, crying, and processing emotions
- **Restoration focused coping**, such as returning to routines, managing responsibilities, and finding moments of normalcy

Moving back and forth between these two states is healthy and natural.

You Are Not Alone

Grief may feel isolating; however, support is available. Regardless of when your loss occurred, you are deserving of compassion and care.

We encourage you to review the additional grief resources, educational articles, and support tools available throughout this site. If you require individualized support, our care team is available to help connect you with appropriate resources.

How the Bible Views Grief

- **A natural human experience:** Scripture shows that mourning is normal and not a sin.
- **Modeled by Jesus:** Jesus wept at the tomb of His friend Lazarus ([John 11:35](#)). He is called a "man of sorrows and acquainted with grief" ([Isaiah 53:3](#)).
- **Expressed through lament:** The Psalms contain many raw, honest prayers where people cry out to God in their sorrow ([Psalm 42:3](#)). [[1](#), [2](#), [3](#)]

Key Themes of Biblical Grief

- **God's closeness:** God stays near to people who are hurting ([Psalm 34:18](#)).
- **Hope for the future:** Unlike grief without faith, Christian grief is paired with the promise of eternal restoration (1 Thessalonians 4:13).
- **An end to pain:** Revelation promises a time when God will wipe away all tears and remove death and crying ([Revelation 21:4](#)). [[1](#), [2](#), [3](#), [4](#), [5](#)]