



WHAT IS GRIEF?

Answer the following True or False.

Compare your answers and ask each family member to share their personal response to grief.

1. Grief is the same for everyone
2. Grief makes you hungry
3. Grief causes acne
4. Grief has a timeline
5. Grief affects your brain
6. Grief causes nightmares
7. Grief is a rash on your skin
8. Grief makes you happy and sad
9. Grief is a part of life
10. Grief is an emotional response to loss
11. Grief changes relationships

Grief is the natural and healthy response to loss.
It affects us on ALL levels....emotionally, physically, socially,
spiritually and intellectually.