

WHAT IS GRIEF?

Grief is the distress experienced after a significant loss, such as the loss of a child.



While grieving, it may be hard for you to:

- Get out of bed in the morning
- Return to work or other routine activities
- Understand life's purposes
- Express their true feelings
- Remember things
- Feel in control
- Understand what happened to your child
- Find an outlet for emotions
- Manage your physical health or hygiene
- Support other loved ones who have been impacted