

Factsheet

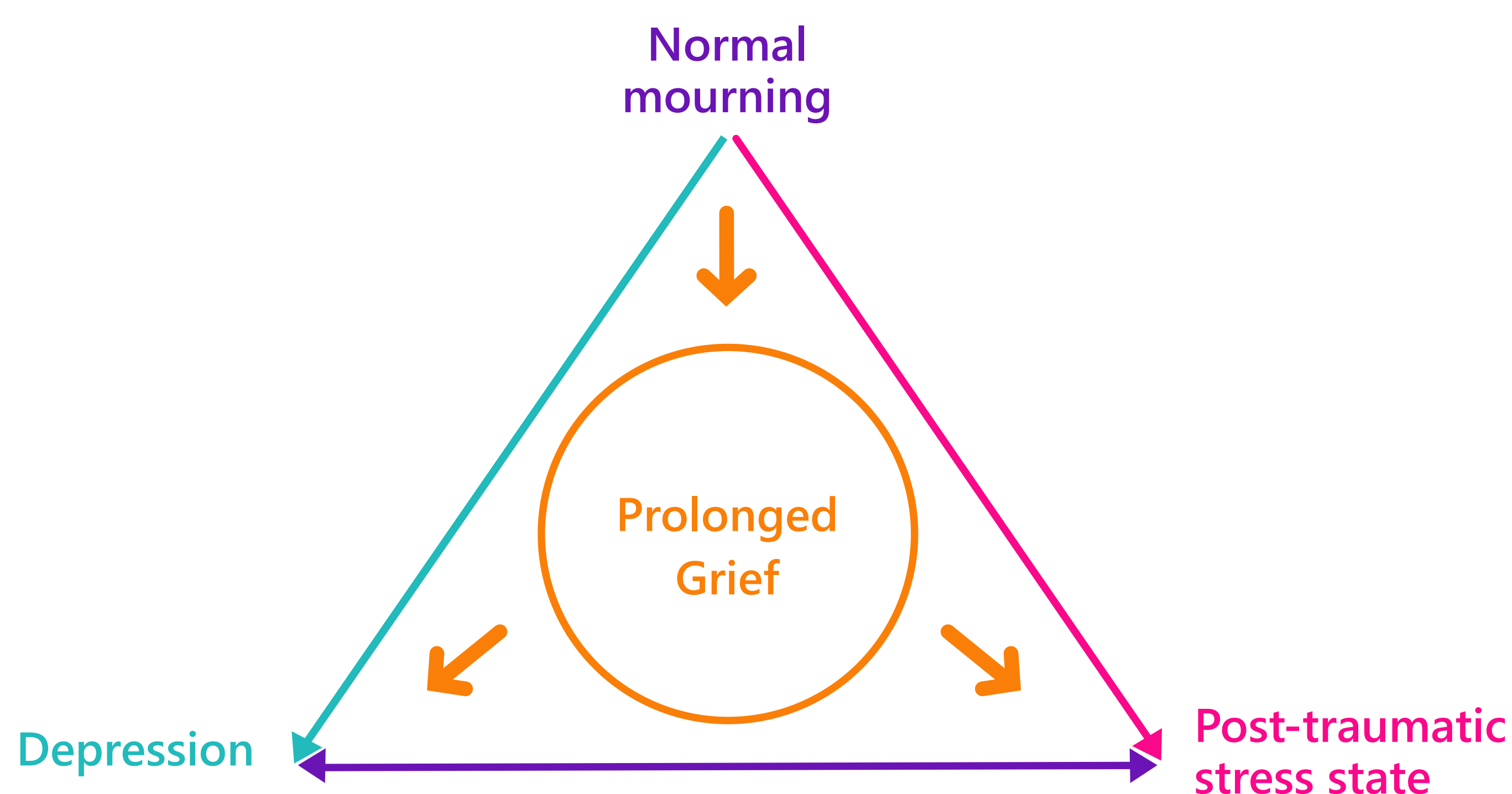
GRIEF



Grief can lead to physical and psychological health issues that need to be treated. In cases of prolonged mourning lasting over a year, when the **pain persists**, the main **emotion** is loneliness along with a **fear of forgetting the deceased**.

We may have the feeling of being lost or empty since the death because part of us also died with the deceased. There may be difficulty accepting the reality of the loss or avoidance of anything that reminds us of the death. There may also be an inability to trust since the death, a bitterness and/or anger linked to it, and difficulty pursuing our life.

In terms of emotions, we may feel numb since the death, with a feeling ranging from emptiness to shock.



50 to 70% of subjects suffering from prolonged grief also suffer from a **state of post traumatic stress disorder** and/or depression. In the case of post-traumatic stress, the main emotion is fear that's triggered by the trauma of loss. Grief seeks to forget the trauma through avoidance behaviors.

Depression involves **sadness** above all, a lack of pleasure that persists.

It's important to deal with these disorders through psychotherapy or some form of treatment.

Grief focuses on the tragedy and not the life of the subject. Separating the life of the lost person from the event leading to their death is useful for recovering. To honour the deceased, we first cope with the trauma through the story of the person's death, which allows us to then pay tribute to them by remembering the story of their life.