

## The Grief Cycle

Whether you lost someone, or you had a significant change in life, you can experience grief. We expect grief to come with several emotions. You may grieve for years, or your life. There is no set time you need to "finish" grieving by.

The cycle has five stages.



Denial



Bargaining

Healing is never linear - you may revisit stages of grief frequently.



Anger



Sadness



Acceptance

**Grief is love  
with no place  
to go**

You are not alone.

Consider:

Loss support groups

Calling someone close to you

Therapy

Commemorating your loved one - a scrapbook, ceremony, ballon release, writing a letter

