

DEATH, DYING & BEREAVEMENT (GRIEF)

When a death takes place, you may experience a wide range of emotions, even when the death is expected. Bereavement is the period of grief and mourning after a death. When you grieve, it's part of the normal process of reacting to a loss. You may experience grief as a mental, physical, social or emotional reaction.

Emotions you may experience following a death:

- Denial
- Disbelief
- Confusion
- Shock
- Sadness
- Yearning
- Anger
- Humiliation
- Despair
- Guilt