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CONSULTING

GRIEF AND LOSS

It is inevitable when losing someone or something close to you that you will feel some level of grief. This is a painful, yet natural emotion to feel. You will need to find a balance between managing your everyday life and taking care of yourself during the grieving process. But first, let's take a closer look at the types of losses that can lead to grief.

- The death of a loved one.
- A break-up, separation or divorce.
- Homesickness.
- Failing a subject/getting fired.

Grief can present itself in a number of different ways including sadness, regret, worry, anger at the situation or yourself, amongst others.

HOW TO START MOVING FORWARD

First off, don't rush. Moving forward with your life is a gradual process, not an overnight accomplishment. It's vital that you allow yourself time to grieve. The amount of time needed changes from person to person. During this time, try to talk to someone about your loss. This can include a family member, friend or counsellor. Opening up can help you with any lingering feelings of loneliness and isolation and also assist you in taking some of the burdens off of your shoulders.

Remember: There is no right or wrong way to grieve.

Please feel free to make further enquires;

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