



RESILIENCE

# PROCESSING GRIEF



## EXPERIENCING GRIEF

Grief is acute pain that follows a loss. It can feel all encompassing and seem like a chronic sentence.



Acknowledge your pain. You can't expedite your own unique experience and it may look differently from those around you.



It is normal to feel grief over the loss of a loved one, a pet, a job, or anything important to you.

Know that what you're feeling is natural and that there is no timeline of how you will process through your grief.



## SUPPORTING SOMEONE GRIEVING

People may grieve for many reasons. Many people expect to experience denial, anger, bargaining, depression and acceptance while they work through the grieving process.



When showing support, follow the person's lead and resist judging how they are processing their grief.



Be aware of the resources that can assist you or someone you love:

- Chaplain Corps
- Medical Treatment Facility
- Military Crisis Line
- Military and Family Life Counseling

