

Making Room for Different Grief

Grief and life transitions | Adults | 5 to 10 minutes

Explain that grief varies while identifying when additional support may be useful.

Grief can involve sadness, anger, numbness, relief, longing, confusion, or changing combinations. People in the same family may respond differently. Your relationship, culture, beliefs, resources, and circumstances all affect what loss means to you.

There is no required sequence

You do not need to move through a fixed set of stages or demonstrate a particular emotion. Enjoying an ordinary moment does not cancel your loss. Having a difficult day after a better one does not erase what has helped. Let support fit your actual experience.

Support can be emotional and practical

You might want someone to listen, share a memory, help with a task, or simply stay nearby. You may also want privacy. Explain the kind of company that helps when possible. Cultural and spiritual practices may offer meaning, but participation remains your choice.

When to reach for more help

Consider professional support when distress feels unmanageable, daily functioning is seriously affected, substance use increases, or you feel persistently disconnected. In the U.S., call or text 988 for crisis support; call 911 for immediate danger. A clinician can assess grief alongside other concerns without using this page as a diagnosis.

The kind of support I would welcome right now is