

# **Download Getting To The Other Side Of Grief Overcoming The Loss Of A Spouse**

This article presents a general view of the topic of grief by defining the common terminology, discussing the nature and types of losses, listing the variety of grief reactions, and describing the factors that determine the severity of bereavement. Grief is the normal internal feeling one experiences in reaction to a loss, while bereavement is the state of experiencing that loss. Although people often suffer emotional pain in response to loss of anything that is very important to them (for example, a job, a friendship or other relationship, one's sense of safety, a home), grief usually refers to the loss of a loved one through death. Read about the stages of grief, get tips on coping with the loss of a loved one (what helps, what doesn't), and learn about grief, mourning and bereavement. The holidays can be difficult when one is grieving the death of a loved one, the end of a relationship, or the loss of a job or one's health.