

## Grief

### What is the true meaning of grief?

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt and profound sadness.

### How does a person show grief?

People might notice or show grief in several ways: Physical reactions can include things like changes in appetite or sleep, an upset stomach, tight chest, crying, tense muscles, trouble relaxing, low energy, restlessness, or trouble concentrating.

### Where does the body hold grief?

Your heart literally aches. A memory comes up that causes your stomach to clench or a chill to run down your spine. Some nights, your mind races and your heart races along with it. Your body is so electrified with energy that you can barely sleep. Other nights, you're so tired that you fall asleep right away.

### How do I accept the death of myself?

#### 5 Strategies for accepting your mortality

1. Take care of mortality's paperwork.
2. Use mindfulness to get comfortable with mortality.
3. Discuss death at the dinner table.
4. Consider your vision of a good death.
5. Make a plan to go out in style

### Why is death beautiful?

Everything must have its end, or there is no beginning. Death is not the opposite of life, but the counterpart to birth. Death is beautiful because it represents change.