

The Healing Journey

Zusman Hospice Bereavement Support

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What is Grief?

Grief is a process, a journey. It does not end on a certain day or date. It is as individual as each of us. Grief is real because loss is real. Each grief has its own imprint, as distinctive and as unique as the person we lost. The pain of loss is so intense, so heartbreaking, because in loving we deeply connect with another human being, and grief is the reflection of the connection that has been lost.

Why Not Just Avoid Grief?

We think we want to avoid the grief, but really it is the pain of the loss we want to avoid. Grief is the healing process that ultimately brings us comfort in our pain.

What is the Difference Between Grief and Mourning?

Mourning is the external part of loss. It is the actions we take, the rituals and the customs. Grief is the internal part of loss, how we feel. The internal work of grief is a process, a journey.

Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.

– Earl Grollman

If the future seems overwhelming, remember that it comes one moment at a time.

– Beth Mondo Cassey

Address
1151 College Avenue
Columbus, Ohio
43209

Phone
614-559-0350
Email
zh@whv.org

Web
whv.org

What are the Five Stages of Grief?

The five stages – **denial**, **anger**, **bargaining**, **depression** and **acceptance** – are a part of the framework that makes up our learning to live without the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline. Not everyone goes through all of them or in a prescribed order. The stages have evolved since their introduction and they have been very misunderstood over the past three decades. They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss, just as there is no typical loss. Our grief is as individual as our lives.

(Borrowed from AZ Center for Loss and Grief)

When Does Grief End?

Grief is not just a series of events or stages or timelines. Our society places enormous pressure on us to get over loss and to get through the grief. But how long do you grieve for a husband of fifty years? A teenager killed in a car accident? A four-year-old child? A year? Five years? Forever? The loss happens in time, in fact in a moment, but its aftermath lasts a lifetime.



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Grief support is available to you and your loved ones from the Zusman Hospice Bereavement Staff. We offer support through phone calls, individual counseling and group sessions. Please contact us at **614-559-0350**.

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

– Helen Keller

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