

Tips of the Week

1

The brain doesn't know the difference between physical and emotional injury or stressors.

2

The body secretes stress hormones, adrenaline, cortisol, and norepinephrine that provide energy to enable one to become response able.

3

Grief is a natural and common response to loss that promotes healing and growth.

4

Grief is not an illness, maladaptive behavior, or a sign of weakness.

5

Support the individual experiencing grief by giving them the opportunity to talk about their loved one. It's important not to change the subject.

6

As you are supporting the individual, it's important to be aware of your personal views and be careful not to impose them.