



Grief and Loss

Everyone feels a major loss at some point in life. It may be the death of a family member or friend; health issues such as a permanent injury, chronic illness, or aging; a breakup, separation, or divorce, the loss of a job, a change in income, or other life changes. Any loss leaves a "hole" in your life where what you lost used to be. Understanding loss and the grieving process can help you heal and move forward.



Monthly Webinar Series

Coping with Grief and Loss

Tuesday, April 18th, 2017 at 3pm Eastern

In this webinar, we will discuss the process of grief and loss from the perspective of losing a loved one, whether it was expected or sudden. The stages of grief will be covered, and tips on how to move through the process will be provided. Ways to honor the loved one will be shared (through a process called 'ritual construction') and various potentially healing techniques will also be covered.

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Points to Ponder

These suggestions can help you and your family deal with grief.

- Talk about the person who died. Use his or her name.
- Tell stories and express what the person meant to you.
- Try to wait at least one year before making major decisions.
- Make new friends, and spend time with old ones. When you feel ready, start to do things that will help you look forward to the future.
- Accept changes in family traditions. When a family member dies, family roles are likely to change. It may help to develop new traditions to suit your new family structure.
- Plan ahead for holidays. You and your family might feel more intense grief around these times.

To learn more, log-in now at claremonteap.personaladvantage.com