

# MYTHS & TRUTHS ON GRIEF

MYTH: People only feel grief when someone dies.



TRUTH: People feel grief after any important loss (losing a loved one, breaking up with a partner, having relatives divorce, losing a job, being diagnosed with a life-changing or terminal illness or disability, etc.).

MYTH: There is a 'right' way to grieve.

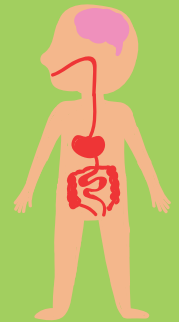


TRUTH: Feelings, thoughts and reactions to grief can be different for everyone and change from day to day.



MYTH: Crying is a sign of weakness.

TRUTH: Our bodies are designed to cry, especially when we are feeling strong emotions. Crying is not a sign of weakness, but is normal and healthy.



MYTH: Grief has a time limit.



TRUTH: There is no magic date on which grief will end. Everyone follows their own path to feeling better.

MYTH: No one can help you through your grief.



TRUTH: You may feel that no one understands you or the depth of your loss, but that can be because people are not sure how to help you. If you share your grief, it may be easier to manage.