

*“The tears come easily. My life has changed so drastically. My whole sense of self has been shattered.”*

### **Grief in Caregiving**

Grief is universal, yet each person experiences it in her own way. Grief is a personal response, and there are no guidelines for how long, when, and in what way a person should grieve.

Behaviors and attitudes commonly found in grief are:

- Shock, numbness, and denial
- Disorganization and loss of control
- Anger, frustration, helplessness, fear, and hurt
- Guilt and regret
- Loneliness and isolation
- Sadness, yearning, and disbelief
- Fatigue
- Relief and emancipation

The way you express grief could be influenced by many factors, including:

- Your relationship with the care receiver
- Past experience with grief
- Family support
- Family traditions
- Gender

Although grief is a natural response, it need not spiral out of control. Think of moving through grief rather than getting over it. Moving through grief leads to healing, while clinging to or running away from grief may only prolong the pain.

### **Working Through Grief**

The following suggestions can be helpful in moving through grief.

- Allow yourself quiet time to think and reflect.
- Be open with your feelings and vent your emotions. Crying provides emotional release. It can be seen as a cleansing process and is often considered part of “grief work.”
- Find support and tell your story. Talk to someone about your feelings. Find someone who is sensitive, a good listener, nonjudgmental, trustworthy, and has time for you.
- If you cannot find the support you need from family or friends, seek help from other sources, such as clergy, counselors, or support group members.
- Say goodbye symbolically to the person you knew before the loss.

- Be patient. Grief can be a long process. Events such as anniversaries and birthdays can open wounds that are healing.
- Exercise.
- Stay involved with meaningful activities.
- Write in a diary or journal, or write a letter to yourself.
- Praise yourself. You deserve it.
- Recognize your efforts.

Remember to use grief as a way to move on. As you confront your daily tasks, your memories will be of the person you lost, and you will think less of the void that is left in your life.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**For more information, read:**

---

GriefWork: Guides for Survival and Growth- Working Through Grief by G. Hansen, University of Kentucky Cooperative Extension Service, 1998.

**Written by:**

---

Cheri Burcham and Ann Marie Marshall (retired), University of Illinois Extension Educators, Family Life

**This tip sheet is part of a series:**

---

*Caregiving Relationships: For People Who Care for Adults*

University of Illinois Extension, College of Agricultural, Consumer and Environmental Sciences, University of Illinois at Urbana-Champaign.

Information in this publication is for educational purposes only. References to commercial products or trade names do not constitute an endorsement and do not imply discrimination against similar products.

Issued in furtherance of cooperative Extension Service work, Acts of May 8 and June 20, 1914, in cooperation with the U.S. Department of Agriculture. University of Illinois Extension provides equal opportunity in programs and employment.

Copyright © 2001 by the University of Illinois Board of Trustees.

Authors and publishers have granted permission for copies of this work or parts of this work to be reproduced, provided that (1) copies are distributed at or below the cost of reproduction; (2) the author, the publication, and the University of Illinois College of Agricultural, Consumer and Environmental Sciences and the relevant division within the college are identified; and (3) proper notice of copyright is affixed to each copy.

Updated 2019



