

# - Health Services Message -

## NATIONAL GRIEF AWARENESS DAY Creating Space for Healing



August 30 is recognized as National Grief Awareness Day.

This day is dedicated to raising awareness of the countless ways in which people cope with loss. It offers resources to those going through personal losses and reminds us to support those we know who are grieving.

Grief is a natural response when we go through loss. It's an emotional sorrow you feel when something or someone you love is taken away. The pain and emotions that you feel can be devastating and difficult. Coping with losses is one of life's biggest challenges.

We often associate the loss of a loved one with grieving, but any loss can cause overwhelming grief. A divorce or relationship that has ended, loss of health or serious illness, loss of a job, loss of financial stability, death of a pet, loss of a friendship, miscarriage, losing your home, and retirement are all examples of losses.

Whatever kind of loss you've suffered, there's no right or wrong method of grieving. But by understanding the stages and types of grief, you can find better ways to cope. Remember there is no "normal" timetable for grieving. Healing is a gradual process and is individual to each person experiencing a loss.

### Resources:

[www.healthline.com/health/stages-of-grief#5-stages](http://www.healthline.com/health/stages-of-grief#5-stages)

[www.psycom.net/stages-of-grief](http://www.psycom.net/stages-of-grief)

[newsinhealth.nih.gov/2017/10/coping-grief](http://newsinhealth.nih.gov/2017/10/coping-grief)

### Grief Kits & Resources:

[www.mcdl.info/grief](http://www.mcdl.info/grief)

[www.dougy.org/](http://www.dougy.org/)

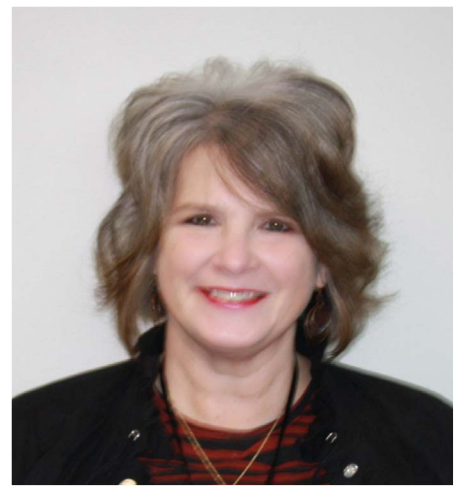
### Local Support Groups:

[my.clevelandclinic.org/patients/information/bereavement/support-groups](http://my.clevelandclinic.org/patients/information/bereavement/support-groups)

[www.griefshare.org/](http://www.griefshare.org/)

[whatsyourgrief.com/](http://whatsyourgrief.com/)

If you have any questions or are in need of resources, please reach out to Pam Wheeler, Health Services Coordinator, at 330-725-7751 ext. 234 or [pwheeler@mcbdd.org](mailto:pwheeler@mcbdd.org).



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