

# What is grief?

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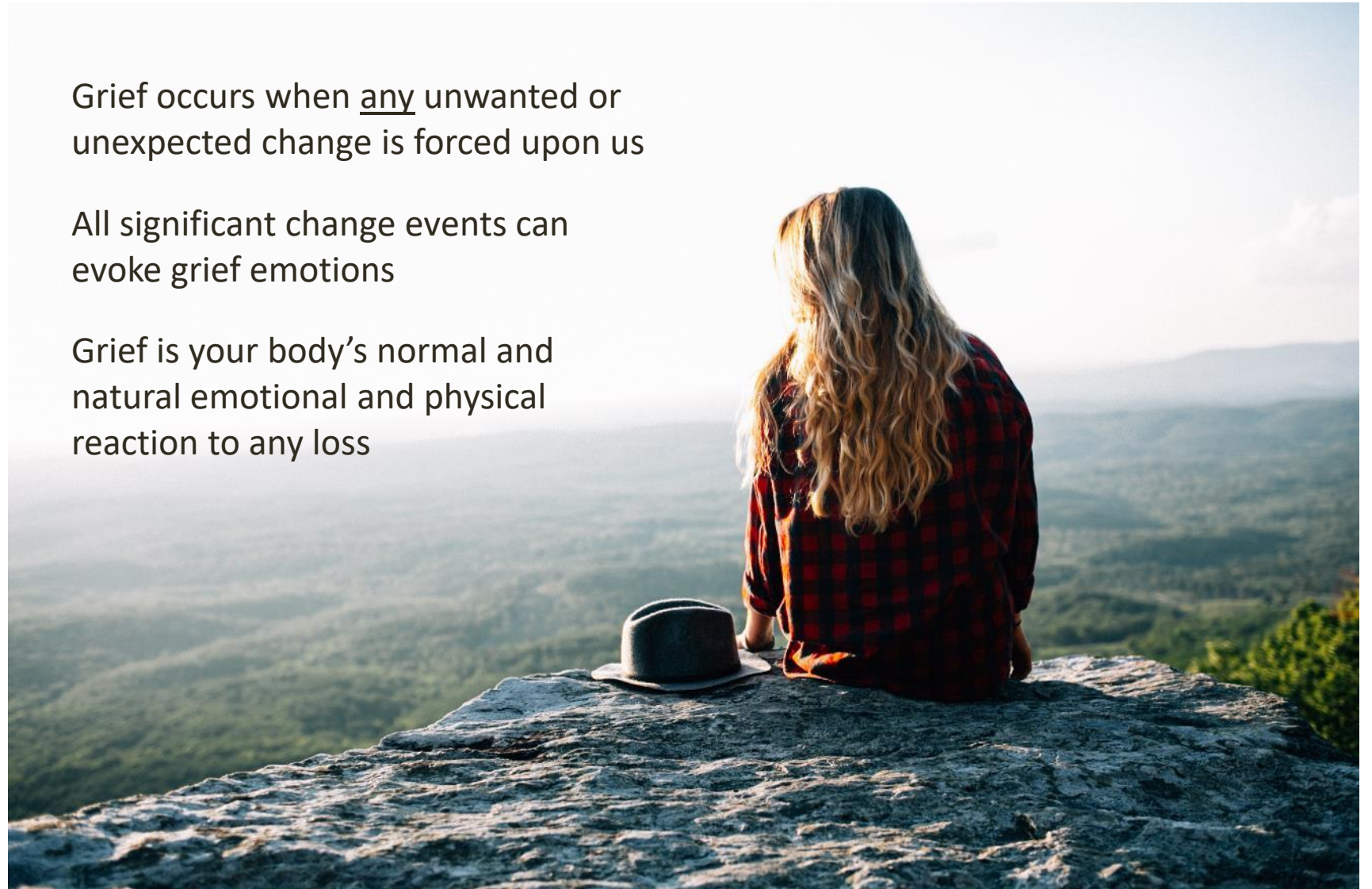
Deep or intense sorrow or distress,  
esp at the death of someone

(Collins dictionary)

Grief occurs when any unwanted or unexpected change is forced upon us

All significant change events can evoke grief emotions

Grief is your body's normal and natural emotional and physical reaction to any loss



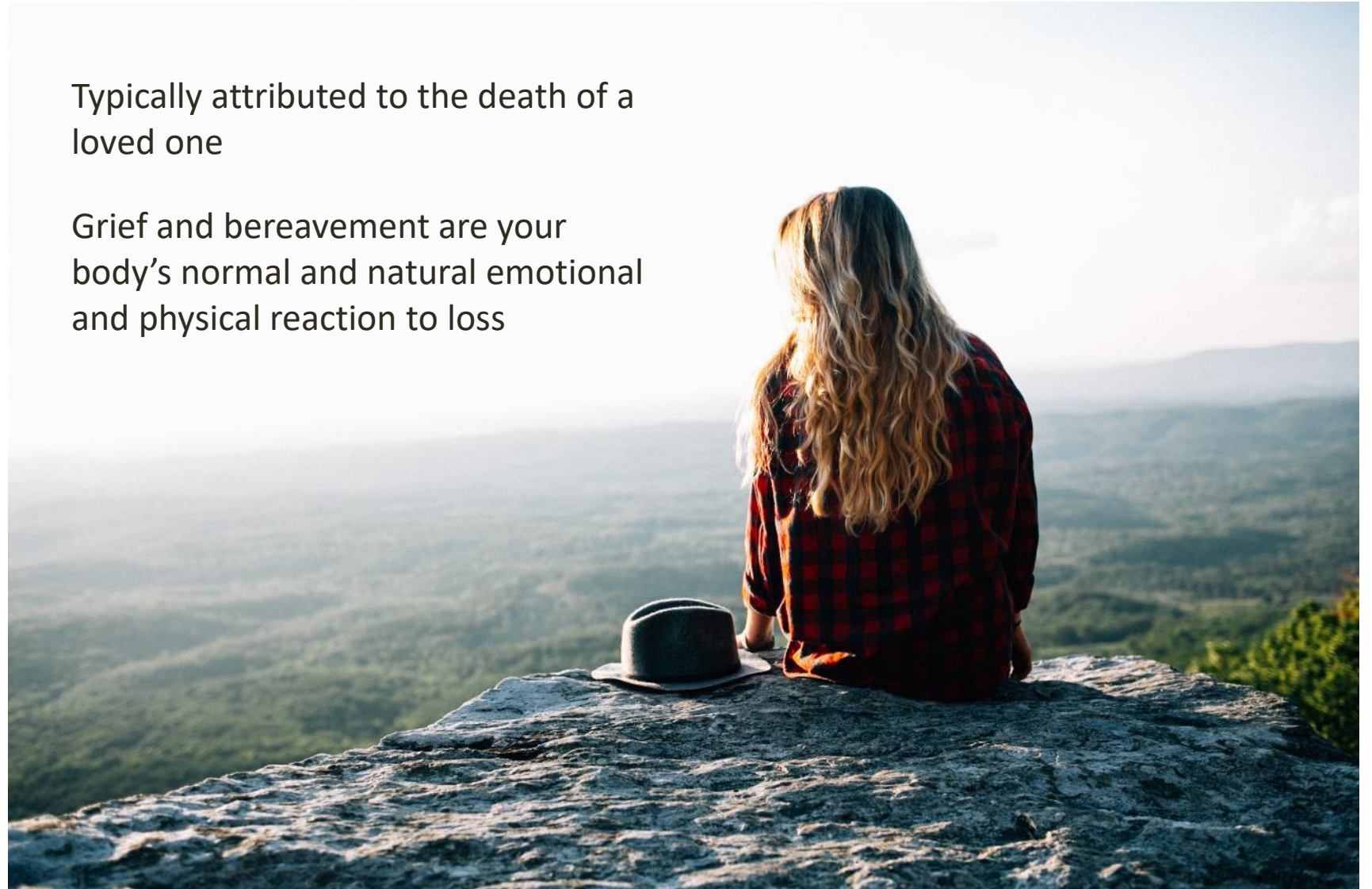
# What is bereavement?

The sorrow you feel or the state you are in when a relative or close friend dies

(Collins dictionary)

Typically attributed to the death of a loved one

Grief and bereavement are your body's normal and natural emotional and physical reaction to loss



## Types of Grief:

A glossary of terms



COMPLICATED GRIEF



ANTICIPATORY GRIEF



CUMULATIVE GRIEF



SECONDARY/PERIPHERAL GRIEF



DISENFRACTISED GRIEF

Take a moment  
to consider...

Which of these  
descriptions resonate  
with your observations  
and experience of  
grief?



COMPLICATED GRIEF



ANTICIPATORY GRIEF



CUMULATIVE GRIEF



SECONDARY/PERIPHERAL GRIEF



DISENFRACTISED GRIEF



GRIEF IS UNIQUE  
TO EVERYONE