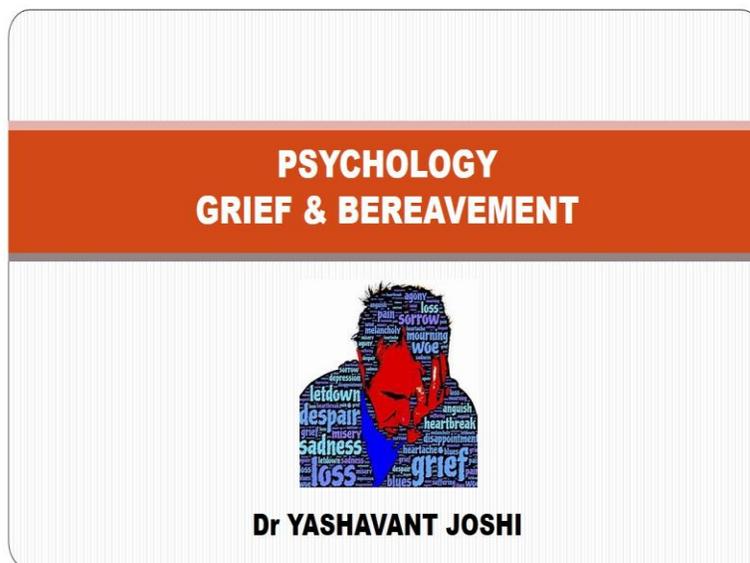


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Week-06
Lecture 06: Psychology of Grief and Bereavement

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Week 6, lecture number 6. Hello friends, how are you? In the earlier lectures, we discussed about certain models of grief and bereavement and now the time has come that let us understand the psychology of grief and bereavement.

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Grief is the feeling one experiences after the death of a loved one or other significant loss...



Grief is the feeling one experiences after the death of a loved one or other significant loss. So, in the models we discussed, I gave you a small story and certain conversation between a boy named Ravi and the caregiver and Ravi was keeping a picture, a photo of her grandma. She had expired and he was very much attached with him, you know. So, keeping a photo gives lots of relief to him, this boy.

He thinks that you know mom is present, grand mom is present here with me only, you know. The same way you just see this girl, young girl, I think she had lost her parents and this is how she is looking at the picture of her parents.

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Col M N Rai CO 42 Rashtriya Rifles

YSM on 26 Jan and martyrdom on 27 Jan 2015



Colonel M.N. Rai, he was commanding officer of 42 Rastri Rifles and on 26th January 2015, this brave officer was awarded Yudh Seva medal and on 27th January, just one day after, he was martyred in Jammu and Kashmir because he was carrying out one anti-terrorist operation and then his mortal remains, they were brought to our home and his wife is grieving, you know, about the death of her husband.

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Alaka 11 years old



This is young daughter Alka, she is just 11 years old and she is also grieving because this is, it's a grieving process, you feel so sad, utterly hopeless, helpless and then you cry, you weep.

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Alaka 11 years old



This is during the cremation when Colonel Rai was given proper military ceremonial cremation. This young daughter, 11 years old, gives lost cellless to his father, you know. So grief is there but then at the same time, you carry on doing certain things.

She loved, she loved his father but now she'll not be able to see him anymore.

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GRIEF

- Grief is the normal internal feeling one experiences in reaction to a loss, while bereavement is the state of experiencing that loss. Although people often suffer emotional **pain** in response to loss of anything that is very important to them (for example, a job, a friendship or other relationship, one's sense of safety, a home), grief usually refers to the loss of a loved one through death. Grief is quite common, in that three out of four women outlive their spouse, in our society. More than half of women in the United States are widowed by the time they reach age 65. Every year in the United States, 4% of children under the age of 15 experience the loss of a parent through death.

Grief is a normal internal feeling, one experiences in reaction to loss while bereavement is the state of experiencing that loss. So grief is a psychological feeling and bereavement is the process, how you experience the loss. It's an expression. Although people often suffer emotional pain in response to a loss of anything that is very important to them.

Like I generally say that major loss, when you lose a job or a friendship or something like that, grief usually refers to the loss of a loved one through death. It is, grief is generally referred to the loss of loved one through death. In other terms also, whenever major loss is there, you may refer it, you may call it emotional pain or may call it grief. It doesn't make much of a difference. And grief is quite common.

It's a psychological process. I mean, so they know to stop it. Let it come. Like I say denial is a defense mechanism. It just comes automatically, particularly while breaking a bad news about the health condition or many other situations are there.

More than half of the women in the United States are widowed by the time they reach age 65. More than half by the time they reach 65 years, they become widowed because their husbands die somewhere sometime. Every year in the United States, 4% of children under the age of 15 experience the loss of a parent through death. So in all these conditions, people do feel grief, normal psychological reaction.

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1. ANTICIPATORY GRIEF

- Anticipatory grief is defined as the feelings loved ones have in reaction to knowing that someone they care about is terminally ill. It occurs before the death of the afflicted loved one and can be an important part of the grieving process since this allows time for loved ones to say goodbye to the terminally ill individual, begin to settle affairs, and plan for the funeral or other rituals on behalf of the person who is dying.

The three types of grief, anticipatory grief. You are in a particular situation like you are seriously ill and maybe you are in terminal sickness. So you can anticipate that now the road has to go forward. I cannot reverse the situation. A death has to come. Maybe today or maybe tomorrow or after few days.

So you anticipate because this is going to happen and naturally a loss will occur and because of that loss of loved one, some sort of grief will be felt by all the people, all the relatives in the family. Anticipatory grief is defined as the feeling of loved ones having reaction to knowing that someone they care about is terminally ill and it occurs just before the death. We can now only few days are left. You know, you can anticipate. Again prognosis is like this and this particular prognosis has been already conveyed to you by doctor. So you know the situation. You can anticipate and plan accordingly.

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2. NORMAL GRIEVING

- Grief is a natural response to losing someone or something that's important to you. You may feel a variety of emotions, like sadness or loneliness. And you might experience it for a number of different reasons. Maybe a loved one died, a relationship ended, or you lost your job. Other life changes, like chronic illness or a move to a new home, can also lead to grief.
- Everyone grieves differently. But if you understand your emotions, take care of yourself, and seek support, you can heal.

This is normal grieving. It just happens someone dies, you know, and then it is a process. You may feel a variety of emotions, sadness or loneliness.

You might experience it for a number of different reasons. Maybe a loved one died, a relationship ended or you may lost another job or thus life changes. So this is all normal grieving where anticipation is there. Anticipation is not there. You don't know that it was going to happen. It just happened in a normal course of time and whatever happens thereafter, that is a normal grieving.

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3. Complicated Grief

- Although not a formal medical diagnosis, **prolonged grief**, formerly called complicated grief, refers to a reaction to loss that lasts more than one year. It is characterized by the grief reaction intensifying to affect the sufferer's close relationships, disrupting his or her beliefs, and it tends to result in the bereaved experiencing ongoing longing for their deceased loved one. **About 15% of bereaved individuals will suffer from complicated grief**, and one-third of people already getting mental-health services have been found to suffer from this extended grief reaction.

Complicated grieving. The name itself says it is complicated. Formal medical diagnosis, prolonged grief, formally called complicated grief. Prolonged grief means a grief normally stops.

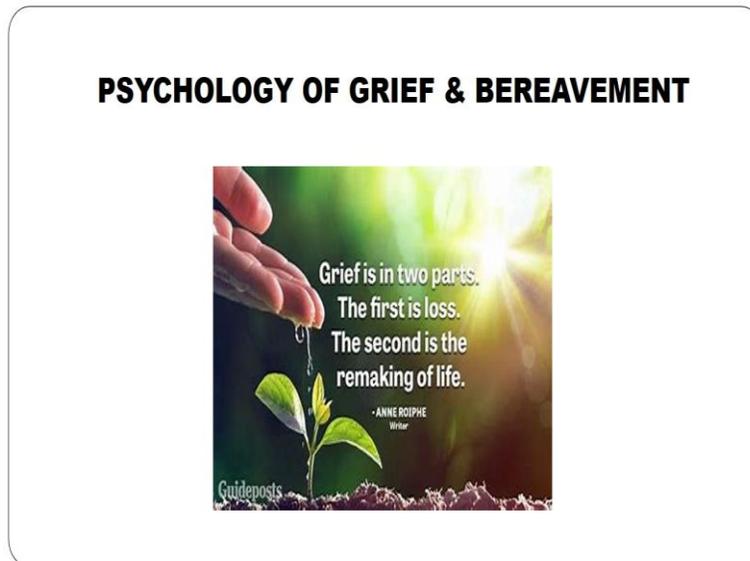
We say four, five stages like Ross said five stages, *du:va*, denial, anger, bargaining and all those things and finally gets culminated into acceptance. But it generally gets over in few months or maybe in a year, but it prolongs couple of years and more than that, then it becomes complicated grief because it is difficult to resolve it. It is characterized by the grief reaction intensifying to affect the sufferers close relationship also because when you are in grieving process continually, you come under depression, you don't talk to others, people can't understand you, they can't explain you. How can they help you in such a condition? So, the relationships also become troublesome in the family. How can they carry on with you? It disrupts the peace of family, peace of home.

About 15% of bereaved individuals will suffer from complicated grief. This may be their record in western countries. It is not so in India. There are cases where people grieve for a longer, for a prolonged period, but after all in India, whether you call it a religion or a spirituality, but our faith, our trust in God so much that we accept everything, such things as God willing, you know, God has done it, what can we do about it? *Bhagwan ne kiya Bhagwan theek karenga* (Hindi phrase meaning god did it, god will fix it) and what God

does, I mean, so I can't question why has he done this or that, whatever he had done, it is okay.

Let me accept it. So, such prolonged grief very rarely you find, but you can't rule it out, it happens. If you ask certain psychiatrist and others, maybe you may get certain cases of complicated grief.

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Grief is in two parts. The first is loss. The second is the remaking of life that you accept the loss and you start living the life again in spite of the loss.

Now, when you remake the life, that person is not existing there, he is not in body and form, but yes, his memory, his love, is always there when you remake, when you start a new life in his absence.

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PSYCHOLOGY OF GRIEF & BEREAVEMENT

- Grief is quite common and is the normal internal feeling one experiences in reaction to a loss, while **bereavement** is the state of having experienced that loss.
- Although most commonly discussed in reference to the death of a loved one, any major loss (for example, breakup of a relationship, job loss, or loss of living situation) can result in a grief reaction.
- Prolonged grief is a reaction to loss that lasts more than one year with the grief reaction affecting the sufferer's close relationships, disrupting his or her beliefs, and resulting in the bereaved experiencing an ongoing longing for their deceased loved one.
- Mourning is the outward expression of the loss of a loved one and usually involves culturally determined rituals that help mourners make sense of the end of their loved one's life and gives structure to what can feel like a very confusing time. It is influenced by personal, familial, cultural, religious, and societal beliefs and customs.

Psychology of grief and bereavement. Remember my friends, grief is quite common. So, it is happening, it happens, it is just one of the psychological reaction. So, take it as such, there is no cowardice, it just happens.

And normal internal feeling one experiences in reaction to a loss, you may cry, you may weep, you know, it is all fine, acceptable signs of grief. Although most commonly discussed in reference to the death of a loved one, any major loss can result in a grief reaction. Yes, this can happen and particularly for a young man, if he loses his job, you just see the thing. For a family man of five, six children, if the house gets burnt or gets destroyed in earthquake, then see, so such grief can occur whenever you get confronted with a major loss in the life. Prolonged grief is a reaction to the loss that lasts more than one year.

I just said that grief, okay, fine, few months, one year, but you can't be couple of years and it just carries on. Then it affects everyone in the family. Mourning is the outward expression of the loss of a loved one and usually involves culturally determined rituals. This is what we do whenever somebody dies in our Hindu society. We have some days of mourning, we have certain rituals, how one and other things on 11th and 12th, and then after for a month or two, we continue with the show, mourning and then we come back to the normal life.

Mourning, in fact, it is being expressed at governmental level also, when some popular leader dies, we fly our flags, national flag get half-mast, you know. That's a sign of mourning, signs of respect for those departed souls. So, mourning is basically the expression of the loss, but at the same time, it's an expression of love and respect for the departed souls, both of which.

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PSYCHOLOGY OF GRIEF & BEREAVEMENT

- The potential negative effects of a grief reaction can be significant and often aggravated by grief triggers, events that remind the griever of their loved one, or the circumstances surrounding their loss.
- The risk factors for experiencing more serious symptoms of grief for a longer period of time are related to the survivor's own physical and emotional health before the loss, the relationship between the bereaved and their family member or other loved one, as well as the nature of the death.
- Grief-stricken individuals who feel the death of their loved one is unexpected or violent may be at greater risk for suffering from **major depression, posttraumatic stress disorder (PTSD)**, or prolonged grief.

Potential negative effects of a grief reaction can be significant and often aggravated by grief triggers, events that remind the griever of their loved ones. This happens, but not so much when an elderly person dies and in next year, you know, when his or her birthday comes, we always, you know, very fondly remembers and we do, we feel a little unhappy also that the person is not there with us to celebrate the birthday.

The risk factors for experiencing more serious symptoms of grief for a longer period of time are related to the survivor's own physical and emotional health. If you are mentally and physically robust, then you can take on such shocks very easily. You can bounce back. Definitely, it will affect you.

You will feel sad. I mean, after all, you are a human being, but still, you have got resilience, you have got power to come back. It will not affect you adversely. Grief-stricken individuals who feel the death of their loved one is unexpected or violent, maybe at greater risk for suffering from PTSD, major depression, post-traumatic stress disorders, or prolonged grief.

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COMMON GRIEF REACTIONS

Reactions to loss are called grief reactions. They vary widely from person to person and within the same person over time. Common grief reactions include difficult feelings, thoughts, physical sensations, and behaviors.

- **FEELINGS:** People who have experienced loss may have a range of feelings. This could include shock, numbness, sadness, denial, despair, anxiety, anger, guilt, loneliness, depression, helplessness, relief, and yearning. A grieving person may start crying after hearing a song or comment that makes them think of the person who died. Or that person may not know what triggered his or her crying.
- **THOUGHTS:** Common thought patterns include disbelief, confusion, difficulty concentrating, preoccupation, and hallucinations.
- **PHYSICAL SENSATIONS:** Grief can cause physical sensations. These include tightness or heaviness in the chest or throat, nausea or an upset stomach, dizziness, headaches, physical numbness, muscle weakness or tension, and fatigue. It may also make you vulnerable to illness.
- **BEHAVIORS:** A person who is grieving may struggle to fall asleep or stay asleep. He or she may also lose energy for enjoyable activities. The person may lose interest in eating or being social. A grieving person may also become more irritable or aggressive. Other common behaviors include restlessness and excessive activity.

Common grief reactions, feelings, people who experience loss may have a range of feelings. This could include shock, numbness, sadness, denial, despair, anxiety, anger, guilt, loneliness.

So many of them are there. All basically psychological reactions. Thoughts. Common thought patterns include disbelief, confusion, difficulty concentrating, hallucinations, physical sensations. Grief can cause physical sensations to tightness, heaviness and it causes behavior change also. May not be permanent, but yes, definitely temporary.

May struggle to fall asleep or stay asleep. Sota hi rahe haan (Hindi phrase meaning have been sleeping). He or she may also lose energy for enjoyable activities. The person may lose interest in eating or being social. He will sit at home, he will not go out, he will not join any party or any social ceremonies like wedding, etc.

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EMOTIONAL	BEHAVIOURAL
<ul style="list-style-type: none">• Depression• Anger• Guilt• Loneliness• Loss of Enjoyment• Relief	<ul style="list-style-type: none">• Agitation• Fatigue• Crying



Common reactions to bereavement

Emotional behavioral which we saw last time.

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ATTITUDES	PSYCHOLOGICAL
<ul style="list-style-type: none">• Self-reproach• Low Self-esteem• Hopelessness• Sense of Unreality• Suspicion• Social Withdrawal towards Deceased	<ul style="list-style-type: none">• Appetite• Sleep• Physical Complaints• Substance Use• Illness

Common reactions to bereavement

Attitudes, psychological.

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How Long Is Too Long to Mourn?

- There's no "normal" amount of time to grieve. Your grieving process depends on a number of things, like your personality, age, beliefs, and support network. The type of loss is also a factor. For example, chances are you'll grieve longer and harder over the sudden death of a loved one than, say, the end of a romantic relationship.
- With time, the sadness eases. You'll be able to feel happiness and joy along with grief. You'll be able to return to your daily life.

So let's see how long is too long to mourn. How much time? So there is, we can't say there is no normal time. Like a patient, terminally ill patient asking a doctor that how many days do I have? When am I going to die? Doctor can't say.

He is not in a position to say because he really doesn't know at all. He can't predict. He is not a god. Similarly, here also we can't say how many days one can grieve. One can grieve or one can remain sad and unhappy.

Not possible to say this much time is enough. Your grieving process depends on a number of things like personality, age, belief and support network. Support network, I said many times in my lectures also, social support is the answer to psychological problem. It's a key. Social support basically comes from the family members, close relatives and very close friends. If you are working, it comes from your peers, colleagues from your office.

If you are studying, then it's your school friends and others. So this is all social support if you get, it can help. It can make wonders for your distress. With time, the sadness, you just will be able to feel happiness and joy along with grief, you will be able to return to your daily life. So it can be anything, months or one year or something like that.

But it's difficult to tell you what is the normal time about grieving.

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DO I NEED PROFESSIONAL HELP?

In some cases, grief doesn't get better. You may not be able to accept the loss. Doctors call this "complicated grief." Talk to your doctor if you have any of the following:

- Trouble keeping up your normal routine, like going to work and cleaning the house
- Feelings of depression
- Thoughts that life isn't worth living, or of harming yourself
- Any inability to stop blaming yourself

Do I need professional help? Yes. If these are the conditions, you suffer, you confront then yes, you might need a professional help. You don't, you just could not re-establish a normal routine.

You don't want to go to work. How will you eat then? How will your family eat? You need professional help so that you need to join and start working again to earn some money. Feeling up depression. Before you enter into depression, it is better that you manage yourself. Self-help is the best help. But if you can't do it on your own, then professional help, some counselor can help you out.

If you have got a feeling that life is not worth living, then my dear friend, definitely you need a counselor. Because you are on a wrong track. Just because of one death or because of one tragedy in your life, you just start thinking that life is not worth living. You are harming yourself. Because this will result into suicide, which is not a good way of ending the life.

In any case, when you are born, it was not in your hand. So when you die, it should not be in your hand. Therefore, morally, legally, socially, suicide is the worst way, worst way to end the life. You need help, my dear friend.

And inability to stop blaming yourself. Come out of it. You haven't done anything wrong. It just so happens that people die. So your loved one has also died.

Something has happened to your family. It happens. You are not to be blamed at all. Come out, be confident, have self-esteem and start. And for all these factors, if you can't do it, then someone else will do it for you.

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DO I NEED PROFESSIONAL HELP?

- A therapist can help you explore your emotions. They can also teach you coping skills and help you manage your grief. If you're depressed, a doctor may be able to prescribe medicines to help you feel better.
- When you're in deep, emotional pain, it can be tempting to try to numb your feelings with drugs, alcohol, food, or even work. But be careful. These are temporary escapes that won't make you heal faster or feel better in the long run. In fact, they can lead to addiction, depression, anxiety, or even an emotional breakdown.

And that is called a counselor. A therapist. When you are in deep emotional pain, it can be tempting to try to numb your feelings with drugs, alcohol, food. In such a situation, you should remain away from it.

You don't work. You just keep drinking. You keep smoking. You are spoiling your life. And if you are married, may be children, you are spoiling the family life also. So it is better in such a situation. Get professional help.

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Do I Need Professional Help?

Instead, try these things to help you come to terms with your loss and begin to heal:

- **Give yourself time.** Accept your feelings and know that grieving is a process.
- **Talk to others.** Spend time with friends and family. Don't isolate yourself.
- **Take care of yourself.** Exercise regularly, eat well, and get enough sleep to stay healthy and energized.
- **Return to your hobbies.** Get back to the activities that bring you joy.
- **Join a support group.** Speak with others who are also grieving. It can help you feel more connected.

Before this, this is the self-management techniques I have given here.

Give yourself time. Don't worry. Whatever time is there, one week, two weeks, one, two weeks, don't worry about it. Complete your grieving process the way you want to it. It's fine. Because there is no normal time involved, remain in the same process. At the same time, during that time, talk to others, talk to friends and family.

Get activated in social life. Because social circle will give you lots of joy. You will be able to live off faster. Meanwhile, take care of yourself physically, physiologically, exercise regularly. Go out, spend some time with nature. If you have some hobbies, return to the hobbies, that will give you entertainment, amusement and join a support group.

There must be certain support groups. If support group is not available, at least talk to your friends and other things. So these are all self-management techniques which everybody does, you know. This is not new. We do it.

We don't know that we are doing, we are applying these techniques. But yes, this is what we are doing. And therefore, we do not have trouble in coping up with grief. On one side, we take it, it's a normal, very normal that people have to die and we have to accept it. On another side, in the grieving process itself, we do feel the loss of our loved one

emotionally. But at the same time, we just carry on with the life and apply these self-management techniques.

So we come back to the life and then there is no problem of depressions and other negative things which are generally associated with prolonged grief.

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Factors affecting grief

- The grieving process is often harder when the person has unresolved feelings towards or conflicts with the person who has died. People who are struggling with complicated grief may find it helpful to talk with a counselor. This may include a clinical social worker, psychologist, or spiritual counselor.



The grieving process is often harder when the person has unresolved feelings, towards or conflicts with the person who has died. This normally happens when you don't have good relations with the person, you feel guilty. You have some regrets. In earlier we spoke, what is the difference between guilt and regret? So in such a situation, you feel more sad that I should have resolved these differences with him before he expired, you know.

So it keeps on lingering in your mind. I can't say and it will keep on lingering till you are alive.

Don't worry about it. If it is too, if it's getting complicated, then you can visit a social worker, a psychologist. But otherwise, it is always better to just, you know, compromise, make compromises with the situations. You should forget about the guilt and regrets about that person.

It happened. It has happened now. Done. It is done. Can't be undone.

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FACTORS AFFECTING GRIEF

The following factors may affect the nature, intensity, and duration of grief:

- The relationship a grieving person had with the person who died.
- The cause of death. For example, the grieving process may differ depending on whether the person died suddenly or was ill for a long time.
- The grieving person's age and gender.
- The life history of the person who is grieving, including past experiences with loss.
- The grieving person's personality and coping style.
- The support available from friends and family.
- The grieving person's customs and religious or spiritual beliefs.

Certain factors which affect grief, relationship, closure the relationship, more the grief, cause of death. If it is accidental, you feel bad. Age and gender, if very aged age, then we say it is ripe age. You know, normally we say if a person is around cross 70, it's fine.

He has already lived his life. So age also matters. If a young one, we feel bad, you see. And in our society, we always say that he has not seen the life as yet. Usne abhi Zindagi nayi dekha aur chala gaya, you know (Hindi phrase meaning he has not seen life but he passed away), guzargaya (Hindi word meaning passed away). And therefore, we feel very bad when a young child or somebody dies and that too in accident tragically.

The grieving person's personality matters if the person was very jovial, friendly with anybody, laughing, eating, joyful, mixing up with anybody. So if such a personality dies, everybody feels, Oh my God, you are such a wonderful person. Uske sath bahut maza aata tha jab bahar jate to (Hindi phrase meaning It was so much fun when we went out with him), you know. Abhi jo milega nahi (Hindi phrase meaning What you won't get right now), very bad you know.

So, this is the way if your personality is a very pleasant personality, people like you, people love you. So they will miss this loss and they will feel bad. What support is available? If you have got social support, grieving process becomes easier.

Customs and religions, this is also there. In Hindu society, normally we have a bereavement process till 12th day after the death. We call it baaraveen aur baaravee ke Baat (Hindi words meaning 12th and after 12th), whatever rituals we have, we complete it. And then that process gets over.

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Religion and spirituality

Grief and loss may also cause a person to question his or her faith or view of the world. Or it may strengthen the person's faith by providing a new understanding of the meaning of life.



Religion, spirituality, grief and loss may also cause a person to question his or her faith or view of the world. Or it may strengthen the person's faith by providing a new understanding of the meaning of life.

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GRIEF IN DIFFERENT CULTURES

- Although each person's grief is unique, the experience is shaped by his or her society and culture. Each culture has its own set of beliefs and rituals for death and bereavement. This affects how people experience and express grief.
- The way a person experiences and expresses grief may be at odds with his or her own culture. For example, someone who feels numbness or disbelief may not cry as he or she might be expected to at a funeral. Another person may experience a level of despair that challenges his or her cultural values or beliefs. It is important for each person to grieve in ways that feel right to them. It is also important to consider how someone's culture may be affecting their grief.

Different cultures you can read around. It's very interesting that how people grieve in different parts of the world with different religions.

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Experiencing grief!

Each person experiences grief in a different way. Often, a person feels grief in waves or cycles. This means there are periods of intense and painful feelings that come and go. People may feel they are making progress with their grief when they are temporarily feeling less grief. But then, after some time, they may face the grief again. Such changes in grief may occur around significant dates, such as holidays or birthdays. Over time, some people experience these grief cycles less frequently as they adjust to their loss.

Each person experiences grief in a different way. Often a person feels grief in waves or cycles. All of a sudden you have the memories of him and then you feel really very sad.

And next time you just forget him, you know. This means that there are periods of intense and painful feelings that come and go. We discussed earlier that when certain events

which are generally associated with that person whom you have lost, who is dead, then your grief, your memory gets intensified, like I said, birthday of the person coming next year. It can be any other event or occasion. People may feel they are making progress with their grief when they are temporarily feeling less grief.

But then after some time they may face the grief again. Such changes in grief may occur around significant days such as holidays or birthdays. So this graph goes up and down.

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Bereavement and Health Risk

- **Predisposes people to physical and mental illness**
- **Precipitates illness and health**
- **Exacerbates existing illness**
- **Leads to health-threatening behaviour**
- **Results in increased use of health services**
- **May lead to depression**

Bereavement and got health risk. It predisposes people to physical and mental illness, precipitates illness and health, exacerbates existing illness.

SYMPTOMS OF GRIEF

- Symptoms of grief can be emotional, physical, social, or religious in nature.
- For children and adolescents, their reactions to the death of a loved one usually reflect the particular developmental stage of the child or adolescent.
- To assess grief, a health **caregiver** usually asks questions to assess what symptoms the individual is suffering from, then considers whether he or she is suffering from normal grief, prolonged grief, or some other issue.

This we saw it earlier. Symptoms of grief can be emotional, physical, social, religions. For children and adolescents, it is much more. Reactions are intense. To assess grief, a health care giver usually asks questions to assess what symptoms the individual is suffering from. And then thereafter it can be decided whether he or she is suffering from normal grief, prolonged grief or some complicated grief.

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SYMPTOMS OF GRIEF

- Crying
- Headaches
- Difficulty Sleeping
- Questioning the Purpose of Life
- Questioning Your Spiritual Beliefs (e.g., your belief in God)
- Feelings of Detachment
- Isolation from Friends and Family
- Abnormal Behavior
- Worry
- Anxiety
- Frustration
- Guilt
- Fatigue
- Anger
- Loss of Appetite
- Aches and Pains
- Stress

Symptoms of grief, which we saw in previous lectures.

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EFFECTS OF LOSING A LOVED ONE?

- The potential negative effects of a grief reaction can be significant. For example, research shows that about 40% of bereaved people will suffer from some form of **anxiety disorder** in the first year after the death of a loved one, and there can be up to a 70% increase in death risk of the surviving spouse within the first six months after the death of his or her partner. For these reasons, questionnaires that assess how much **stress** a person is experiencing usually place the loss of a loved one at the top of the list of the most serious stresses to endure.

Effects of losing a loved one. The potential negative effects of a grief reaction can be significant. For example, research shows that 40% of bereaved people suffer from some form of anxiety disorder in the first year after the death of loved one. Anxiety disorder in the first year after the death of loved one.

So it is normal. This will happen.

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Treatment of Grief

1. The prescription of medication has been the most common methods of treating grief.
2. Counseling is a more solid approach toward grief. Support groups, bereavement groups, or individual counseling can help you work through unresolved grief.
3. If you or a loved one is having a hard time coping with a grief event, seek treatment from a health professional or mental health provider.

Treatment of grief, prescription medication from a counselor. Counseling is more solid approach towards grief. If you or a loved one is having a hard time coping with grief, seek treatment from a health professional or mental health provider.

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7 STAGES OF GRIEF

1. **SHOCK & DENIAL:** You will probably react to learning of the loss with numbed disbelief. ...
2. **PAIN & GUILT**
3. **ANGER & BARGAINING**
4. **"DEPRESSION", REFLECTION, LONELINESS**
5. **THE UPWARD TURN**
6. **RECONSTRUCTION & WORKING THROUGH**
7. **ACCEPTANCE & HOPE**

Here we are just saying seven stages of grief, shock and denial, pain and guilt, anger and bargaining, depression.

The upward turn. Now starts upward turn. Reconstruction, then acceptance and hope.

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HOW WILL I KNOW WHEN I'M DONE GRIEVING?

Every person who experiences a death or other loss must complete a four-step grieving process:

- Accept the loss.
- Work through and feel the physical and emotional pain of grief.
- Adjust to living in a world without the person or item lost.
- Move on with life.

The grieving process is over only when a person completes the four steps.

How will I know when I am done grieving? My grieving is over now. I am fine. Okay. It differs from person to person.

Every person who experiences a death or other loss must complete four steps grieving process. Accept the loss, number one. Work through and feel the physical and emotional pain of grief. Adjust to the world living without the person or item lost and move on with the life. The grieving process is over only when a person completes the four steps and particularly the fourth step when he moves on with the life.

He goes for a work. If he is a student, starts studying and the life becomes normal.

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RISK FACTORS OF PROLONGED GRIEF?

- The risk factors for experiencing more serious symptoms of grief for a longer period of time can be related to the physical and emotional health of the survivor before the loss, the relationship between the bereaved and their loved one, as well as to the nature of the death. For example, it is not uncommon for surviving loved ones who had a contentious or strained relationship, or otherwise unresolved issues with the deceased to suffer severe feelings of sorrow. Parents who have lost their child are at a significantly higher risk of divorce compared to couples who have not. They are also at increased risk for a decline in emotional health, including being psychiatrically hospitalized following the loss. This is a particular risk for mothers who have lost a child.

Risk factors of prolonged grief. It basically physical and emotional health gets deteriorated. And it is risky for a mothers who have lost a child. Situationally differ different and little serious when a mother loses a child or a child loses a mother.

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RISK FACTORS OF PROLONGED GRIEF?

- Bereaved individuals who have experienced an unexpected or violent death of a loved one may be at greater risk for suffering from mental disorders like major **depression**, **posttraumatic stress disorder (PTSD)**, or complicated grief. According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, the accepted diagnostic reference for **mental health** afflictions, major **depression** is a psychiatric disorder characterized by sadness and/or irritability that lasts at least two weeks in a row and is accompanied by a number of other symptoms, like problems with **sleep**, appetite, weight, concentration, or energy level and may also lead to the sufferer experiencing unjustified guilt, losing interest in activities he or she used to enjoy, or thoughts of wanting to kill themselves or someone else.

In post-traumatic stress disorder, risk factor is more.

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RISK FACTORS OF PROLONGED GRIEF?

- PTSD refers to a condition that involves the sufferers enduring an experience that significantly threatened their sense of safety or well-being (for example, the **suicide** or homicide of a loved one), then re-experiencing the event through intrusive memories, physical or emotional reactions, **nightmares** or flashbacks (feeling as if the **trauma** is happening again at times when the sufferer is awake); developing a hypersensitivity to events that are normal (for example, being quite irritable, getting startled very easily, having trouble sleeping, or difficulty trusting others); avoiding things that remind the person of the traumatic event (for example, people, places, or things that the sufferer may associate with the death of their loved one) and developing or worsening negative **moods** or ways of thinking after the traumatic event (for example, trouble recalling an important aspect of the trauma, persistent negative beliefs, blaming oneself or others for the trauma, feeling detached from others, or persistent trouble experiencing positive emotions).

People do get nightmares or flashbacks sometimes. This is what about psychology of grief and bereavement. Thank you, friends.