

Coping with Death



When someone close to us dies, we experience grief.



Grief is like the shadow of love.



Grief is what is left when someone we love is no longer here.



We still love the person,



but we also experience other emotions when someone dies.



We may feel



shock



numb



denial





quilt



sad



depression





sentimental





It is okay to feel these emotions.



This is called the grief process.

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