



What is Disenfranchised Grief ?

Thinking about grief during a pandemic...

Disenfranchised grief refers to any grief that is not acknowledged or validated by society. This type of grief is often minimized or not understood by others, which makes it harder for some to process

WHEN CAN IT HAPPEN



Death of a pet



Death of an online friend



When the loss is not a death, like adoption



When the death is stigmatized, like abortion or suicide



When the relationship is stigmatized, like same-sex partners

WHAT ARE ITS EFFECTS

Along with typical feelings of grief, disenfranchised grief can be linked to the below



Insomnia



Shame



Physical symptoms like stomach pains or body aches



Lowered self-esteem



Relationship problems

WHAT CAN YOU DO



Seek support from those who understand



Tell others what you need



Create your own mourning ritual



Remember your loss is valid



Give yourself time and space to grieve



Glasgow Psychological Service
nurturing wellbeing and learning



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