

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. (WebMD)

What Are the Stages of Grief?

Your feelings may happen in phases as you come to terms with your loss. You can't control the process, but it's helpful to know the reasons behind your feelings. Doctors have identified five common stages of grief:

- **Denial:** When you first learn of a loss, it's normal to think, "This isn't happening." You may feel shocked or numb. This is a temporary way to deal with the rush of overwhelming emotion. It's a defense mechanism.
- **Anger:** As reality sets in, you're faced with the pain of your loss. You may feel frustrated and helpless. These feelings later turn into anger. You might direct it toward other people, a higher power, or life in general. To be angry with a loved one who died and left you alone is natural, too.
- **Bargaining:** During this stage, you dwell on what you could've done to prevent the loss. Common thoughts are "If only..." and "What if..." You may also try to strike a deal with a higher power.
- **Depression:** Sadness sets in as you begin to understand the loss and its effect on your life. Signs of depression include crying, sleep issues, and a decreased appetite. You may feel overwhelmed, regretful, and lonely.
- **Acceptance:** In this final stage of grief, you accept the reality of your loss. It can't be changed. Although you still feel sad, you're able to start moving forward with your life.

In our bereavement, we spend different lengths of time working through each step and express each stage with different levels of intensity. Contrary to popular belief, **the five stages of loss do not necessarily occur in any specific order.** We often move between stages before achieving a more peaceful acceptance of death. Many of us are not afforded the luxury of time required to achieve this final stage of grief.

[Please Read Good Therapy Stages of Grief](#)

Please find below numerous resources in the area and on websites to help ease the Grief and Loss. 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.

[The Caring Place/Wexford PA](#)

[The Caring Place Brochures:](#)

[10 things Grieving Children Want You to Know](#)

Dealing with the loss of a coworker:

- [Good Therapy](#)
- [American Psychological Association](#)
- [What's your Grief](#)

[Addressing Grief Tips for Administrators and Teachers](#)

[Coalition to Support Grieving Students](#)

[Sesame Street for Parents:](#)

[The Doughy Center](#)

[Addressing Grief: Brief Facts and Tips](#)

[Recommended Books to Read to Children: Grief and Loss Therapists in Beaver County PA](#)

[Beaver County Therapists who deal with Grief and Loss](#)

[Support Groups in the Area](#)

[Help Guide \(Trusted Guide to Mental Health and Wellness\)](#)

[Modern Loss](#) (Candid conversation about grief)

[Grief Relief](#) Therapy (Reflect-Remember –Renew)

[Wendt Center for Loss and Healing](#)

If you need more information, please contact the Guidance Office in each building and/or the School Psychologist/Special Education Coordinator.

- **Elementary Building:**
 - **Mr. Randy Perkins, 724-775-1122 Ext 460**
- **Middle School Building:**
 - **Mrs. Susie Suleski, 724-775-7641 Ext. 113**
- **High School Building:**
 - **Mr. Chris Bennett: 724-775-7740 Ext 541**
 - **Ms. Rita Kaplin: 724-775-7740 Ext. 542**
- **Prevention Specialist K-12**
 - **Mrs. Barb Martz; 724-775-7400 Ext. 540**
- **School Psychologist**
 - **Mr. Joe Testa; 724-775-7641 Ext. 125**