

## Mental Health Musings

### Tip of the Day:

Dealing with loss by identifying the 5 stages of grief



COVID got you missing your old routine? Did you recently have a death in the family? If you have lost something dear to you, chances are you are dealing with at least 1 of the 5 stages of grief. It helps to be aware of these stages so that you can understand yours or another's response to loss and move towards compassion and acceptance.

The 5 stages of grief are denial, anger, bargaining, depression, and acceptance. Denial sounds like “this isn't real” (He'll be back tomorrow. We always break up and get back together). Anger sounds like “If this than that” (If there were a God than this wouldn't have happened). Bargaining sounds like “If only...” (If only I had taken better care of the dog he wouldn't have strayed from home and gotten hit by a car). Depression sounds like “What is the point” (Why go on living if there is nothing to live for). Acceptance sounds like “There's a silver lining” (I'm happy that I got to spend so many years with my dog and I know he will always be a part of me... that dog taught me how to love and trust without doubt). [<https://www.healthline.com/health/stages-of-grief#anger>]

Now that you know the 5 stages of grief, can you take a moment to notice your inner warmth, compassion, and acceptance about yourself, a situation, or another person in your life that may be affected by grief?

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