

6.11 Module 5: Loss, grief and renewal

Exploring loss, grief and renewal

Definitions

Loss - An event when you lose something you care about.

Grief - Your feelings about the loss.

Renewal - Once you have gone through the grieving process and have started to move on with your life.

Examples of loss

Loss of job	Loss of hope
Loss of house	Loss of support services
Loss of friends	Loss of relationships
Loss of mobility	Loss of possessions
Loss of role	Loss of pet
Loss of sight / hearing	Bereavement
Loss of money	

<h2>Feelings</h2> <table><tr><td>Sadness</td><td>Anxiety</td><td>Disbelief</td></tr><tr><td>Anger</td><td>Loneliness</td><td>Shock</td></tr><tr><td>Guilt</td><td>Numbness</td><td>Yearning</td></tr></table>			Sadness	Anxiety	Disbelief	Anger	Loneliness	Shock	Guilt	Numbness	Yearning
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