



Hospice Highlights

WHY GRIEF HURTS

It is always a good practice to be in tune with our body, but it is more important than ever when we are grieving to stay in touch with our internal world because there is a lot going on behind the scenes.

People often grieve in private where their tears can't be seen in fear of someone being judgemental about them crying. Tears are quickly wiped away as they put on their 'I am okay' face. But these feelings and tears shouldn't be suppressed. We are hardwired to grieve when we lose a loved one or friend. These tears must be shed!

It's important to understand what goes on in the body when a person is grief stricken. It is not just the loss that we are dealing with, but also a rush of neurochemicals. When we are in a caring or loving relationship the brain sends us 'feel good' hormones such as Dopamine, Serotonin, and Noradrenaline which keep us in a happy state of mind. However, when that relationship is severed, through any kind of loss, the brain releases 'stress hormones' like Adrenaline or Cortisol. These stress hormones suppress digestion, increase heart rate and blood pressure, cause brain fog and cause all sorts of aches and pains. Grief hurts! And not just emotionally but physically as well.

It is hard to understand what a person is going through when they are grieving, and we can't simply tell them to get over it and move on because it is the brain that is producing these feelings for them. It is out of their control! It will eventually subside but in the meantime the best thing we can do is just be present and supportive and let them grieve in their own way and for as long as it takes.

To learn more about grief and its many aspects, call Terrace Hospice 250-635-4811

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Terrace Hospice Society

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