An entire period in our lives, each of us faces the loss of someone or something dear to us. The grief that follows such a loss can seem an insurmountable, but grief is actually a healing process. Grief is the emotional suffering we feel after a loss of some kind. The death of a loved one, a serious medical condition, even intense disappointment can cause grief. Sometimes people get stuck in one of the first four stages. These loss can be painful and they move to the fifth stage – acceptance. In 1969 Elisabeth Kubler-Ross, an expert on grief, first named five stages

Five Stages of Grief

1. Denial and Isolation

At first, someone will deny the loss has taken place, and may withdraw from social contacts. This stage may last for hour or extended periods.

2. Anger

The grieving person may look for blames at the person who inflicted the loss (even if he/she is dead) or at the world for letting it happen. Beside, and the anger, will manifestself for "letting the event take place" even if, realistically, nothing could have prevented it.

3. Bargaining

Now the grieving person may make bargains with God, asking, "If I do this, will you take away the loss?"

4. Depression

The person feels numb, plunge angry and realizes may remain unbearable.

5. Acceptance

When the anger, sadness and mourning have diminished, the

Grief and Stress

During grief, it is common to have many conflicting feelings. Severe anger, sorrowness, sadness, shame, anxiety, and guilt often accompany intense losses. Dealing so many strong feelings can be very stressful. Not denying the feelings and failing to work through the five stages of grief is harder on the body and mind than going through them. While people suggest "looking on the bright side", or other ways of setting off difficult feelings, the grieving person may feel pressured to look at daily those emotions. Time is still what begins for healing to take place.

Recovering From Grief

People are often embarrassed by grief, since signals strikes as instability. It helps to have a close circle of family and friends.

A also helps to deal with the pain of loss. It can always practice good self-care habits, eating a balanced diet, drinking enough non-alcoholic fluids, and getting enough rest and exercise. These helps can strength the loss and acceptance can be reached. To speak with a counselor, call Lone Eagle.com