

Grief, Loss, and Acknowledging Change



Grief is change. It changes everything we have come to know and expect within our worlds and within ourselves. Grief and loss force us to pause and reflect. The death of someone we love is a profound experience that can lead to significant changes in how we perceive ourselves and our world. These changes can be both challenging and transformative. Change is ok and a natural response to grief. Change does not mean we are forgetting. It means we are both adapting to a new reality and honoring the past.

"As we grieve, we find strength in the shared stories and memories that bind us" ~ author unknown. There are many ways that we can honor the past while being in the present. Sharing and hearing stories or memories of our loved ones, creating a memorial such

as piece of jewelry or making a donation in honor of our loved one. We may even consider ways we can honor our loved one during special events, holidays, and special times of the year. For example, placing their picture on a table during a wedding ceremony or reception, setting a place for them at the table and lighting a candle during a holiday meal, taking a quiet moment to remember them during a time of the year that was special.

Grief and loss can totally break us so that we have no choice but to rebuild from the bottom up. Grief not only changes who we are physically, mentally, and emotionally, but may also change our relationships and our values. You may begin to reevaluate your goals, relationships, and direction. You may become more intentional in your actions, more present in your interactions. Loss can provide a heightened awareness of what truly matters, encouraging us to reevaluate our personal values, goals, and priorities.

Grief can lead to changing habits such as prioritizing mental health, setting boundaries, focusing on self-care, spending more time with loved ones, and allowing space for healing and growth. Our loved ones are a part of our routines. How our day is structured, the food we buy at the grocery store, the routes that we travel. Everyday moments can provide us with an opportunity for healing. Maybe we always called our loved one on our way home from work, try listening to their favorite song or talking out loud to them.

Loss reshapes how you connect with others. Some friends might step back, unsure how to help. Others might surprise you with their steady presence. This can be an opportunity to feel closer to others, especially those friends or family who have provided especially good support. New friendships may develop because of loss such as a coworker or neighbor who unexpectedly reached out, or connections made in a support group. You may find yourself no longer sweating the small stuff, having a deeper understanding of what really matters and becoming more compassionate and understanding with those around you.

The loss of a loved one shows us the strength, resilience, and independence we may not have known we have. It can create opportunities for us to surprise ourselves with the things we can do, and the things we can endure. As we experience change, this can be a way to honor our loved one while finding new ways to live life and find joy in the present.

[It's important to remember that grief and loss are not linear experiences and that each person's journey through these emotions is unique. Honor your process, allow yourself to](#) face the loss, experience the grief, and actively work through the pain. We here at Ulliance are available to walk alongside you through counseling or assisting in locating a local support group. Reach out to us today, **800-448-8326**.

Sources:

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How to Navigate Personal Growth and Change While Grieving - <https://ecorial.org/blogs/articles/grief-will-change-you-but-that-doesn-t-mean-something-s-wrong>

Grieving Well: How Grief Has Changed Me For the Better- <https://thegriefftoolbox.com/article/grieving-well-how-grief-has-changed-me-better>

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