

GRIEF MYTH BUSTERS

1

MYTH

You should feel better after a year.

FACT

Grief has no time limit.

MYTH

If you are not crying, you are not grieving.

FACT

Everyone grieves differently.

2

3

MYTH

You only grieve for people.

FACT

We can grieve relationships, health, jobs, pets, identities, and hopes for the future.

MYTH

Once you're back at work, you're "over it."

FACT

Returning to work doesn't mean the pain is gone.

4

5

MYTH

Grief follows neat 'stages.'

FACT

There's no linear path. Grief has its own journey.

MYTH

Time heals all wounds.

FACT

Time can soften pain, but it may never disappear.

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