

Losses that can cause grief

Coping with the loss of something or someone you care about is one of life's greatest challenges. While grief is most commonly associated with the death of a person, other types of loss can cause grief, including:

- Loss of connection
- Loss of routine/way of daily life
- Loss of home
- Loss of a pet
- Loss of job
- Loss of financial stability
- Loss of relationship or a divorce
- Loss of friendship
- Loss of a dream/goal
- Loss of feelings of safety
- Loss of independence
- Loss in response to a natural disaster or community tragedy
- Retirement



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