

# DOWNLOAD PDF COPING WITH SEPARATION AND LOSS AS A YOUNG ADULT

## Chapter 1 : Coping With Separation And Divorce | Mental Health America

*Coping with separation and loss as a young adult by LaGrand, Louis E., , C.C. Thomas edition, in English.*

Understanding the signs, symptoms, and effects of separation anxiety is a key component of starting the recovery journey. Understanding Separation Anxiety Learn about separation anxiety Separation anxiety disorder is a mental health condition that involves intense and excessive anxiety and fear of being separated from a loved one or ones. The distress experienced by people who are struggling with this disorder often causes a great deal of disruption in their lives and an overall decline in daily functioning. Examples of fears that trigger this form of anxiety can include: The possibility of being separated from a loved one Ongoing worry that a loved one may suddenly die Panic that a loved one will get lost Concern that a loved one will be kidnapped Trepidation that a loved one will get hurt Anxiety that a loved one will become ill Adults who are suffering from separation anxiety disorder often place their focus on the health, wellbeing, and safety of their children, significant other, or another person with whom there is a strong attachment. Cornerstone to this illness, however, is that the focus placed on another person or persons is distressing and leads to a number of adverse effects. Additionally, adults with this condition may report physical pain in the event separation from a loved one is imminent, develop another mental illness if symptoms of this disorder persist, and experience discord among loved ones if appropriate care is not sought. Fortunately, there are treatment options available that can alleviate symptoms, restore functioning, and help these individuals form healthy relationships with loved ones without the distressing symptoms of separation anxiety disorder. Statistics Separation anxiety statistics Studies have determined that separation anxiety disorder is a disorder that typically begins during childhood, yet its symptoms can carry over into adulthood. Experts also believe that this mental health condition affects more women than men. Causes and Risk Factors Causes and risk factors for separation anxiety Professionals in the field have yet to conclude a single identifiable cause for separation anxiety disorder. However, most in the field of mental health believe that the development of this disorder occurs when certain genetic, physiological, and environmental factors are working together. Additionally, research has concluded that there are some additional risk factors that can make a person more susceptible to developing this form of anxiety. Consider the following explanations: Because of this link between family members who suffer from the same mental illness, it can be deduced that separation anxiety disorder can, in fact, be inherited. This case is especially true for individuals with a first-degree relative who have a history of this mental illness. As with other anxiety disorders, those who are suffering from separation anxiety disorder have been found to have certain chemical imbalances in their brains. Specifically, neurotransmitters that are responsible for regulating mood and impulses are often not regulated in the brains of these individuals and can lead to the onset of anxiety symptoms. Experiencing an abrupt life stressor in which a person is separated from his or her child, significant other, or other loved one as a result can ultimately lead to the development of separation anxiety disorder. Examples of life stressors that can trigger this form of anxiety include the unexpected death of loved one, experiencing a disaster in which one is separated from loved ones, and having a personal history of forced separation from primary caregivers during childhood. Lastly, it has been found that those with a history of codependent relationships that are romantic in nature can lead to the onset of symptoms if an individual is not able to adjust when he or she is not around his or her partner. Having a family history of separation anxiety disorder or other mental health condition Personal history of another mental health condition Experiencing the loss of a loved one Experiencing an abrupt major life change in which one is separated from a loved one Being in an unhealthy, codependent, romantic relationship Signs and Symptoms Signs and symptoms of separation anxiety While the onset of separation anxiety disorder symptoms typically manifests during childhood, there are a number of signs that can infer that an adult is suffering from this mental health condition. Consider the following behavioral, physical, cognitive, and psychosocial symptoms when trying to deduce if you or a loved one is battling this distressing form of anxiety: Frequently checking up

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on the whereabouts of children, significant other, or other loved one Refusing to leave home.

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## Chapter 2 : Coping with separation and loss as a young adult ( edition) | Open Library

*Coping with separation and loss as a young adult: theoretical and practical realities (Book).*

Adult Separation Anxiety Disorder: When separating from loved ones is traumatic. Posted on 12 February If I go out to run errands for a couple of hours, he calls me two to three times to find out how I am. If it is just this, then why do I feel suffocated by him? Sam was never very social, a little neurotic, and always preferred being with Leah than other people. But, the meaning of being-with-her has taken on new meaning in their relationship. Leah described Sam as becoming more needy over the past few years than her children when they were 2-years of age. Sam has adult separation anxiety disorder ASAD. To most of us, separation anxiety is what happens to young children separating from their parents on the first day of school. They cry, cling and voice strong opposition to having to separate from their parents for a short while. But some adults also experience anxiety and fear of being separated from their loved ones. People with ASAD become anxious, worried and afraid that something bad might happen to themselves, and the people they love, just like young children do. But, now, the ghosts and monsters of childhood have become vehicular accidents, illness, or any other threatening event that may take away the people they depend on most for their happiness, support and well being. This connection between early attachment style and adulthood separation disorder may explain its high rate of occurrence in the United States 6. This is especially the case in families that have a high level of financial and social stress, emotional difficulties, or drug or alcohol addiction. Take Sam, for example. Sam was the youngest, only male child of three. He was not allowed to go on school camping trips or slumber parties with friends and playing outdoors was ill-advised, as the family lived in a rough neighborhood. Although his childhood was happy, there was always an undercurrent of fear related to financial and social stress. His parents, especially his mother, had a heightened concern about negative consequences of the family separating. But, research shows that: ASAD tends to present more in female than male adults. Cultures that have a lower tolerance for physical and emotional separation of family members may have higher rates of ASAD within their populations. The most common co-occurring mental disorders that appear with ASAD include major depressive disorder For some persons, early childhood separation anxiety disorder can extend into adulthood. But, positive and negative life transitions e. ASAD has periods of activation and remission. Symptoms of ASAD include a persistent worry about losing loved ones to death, illness, accidents or some other disaster; nightmares stemming from these fears; grieving-related behaviors that include social withdrawal, sadness, nervousness and an inability to concentrate, avoidance of sleeping away from loved ones, also The rates of the disorder in the population show that separation disorder occurs more frequently in adults than in children. In the past, patients presenting with separation anxiety difficulties tended to be misdiagnosed as having either an adjustment, depression, agoraphobia, generalized anxiety or social anxiety disorder. It is not easy to spot, at first, as ASAD shares some of the symptoms of the above-mentioned mental health conditions. Studies that have shown bereavement and traumatic loss as main precipitants of ASAD are helpful in establishing the diagnosis and its treatment. At this time, treatment for ASAD relies on treatments for the other Anxiety Disorders, as well as the expertise of psychiatrists and psychologists to tailor treatment approaches to the individual needs of their patients. ASAD is a serious disorder. Antidepressant and anxiety medication in combination with cognitive behavioral therapy and support groups are the main focus of treatment. They increase the feel good nerve transmitter serotonin throughout the brain and body, which lowers depression, anxiety, and fear-related behaviors. Patients feel more calm and overall happiness and stop avoiding situations that have led to their dysfunction. Many people would like to avoid taking medication, if possible. But, with conditions like ASAD, physiology cannot be ignored, especially at first. People with anxiety conditions tend to have overly sensitive nervous systems that sensitize them to perceiving harm and threat. To adequately treat the symptoms of ASAD, the body has to become desensitized to separation threat. Only then, can persons with the disorder learn that their worst separation fears will not be confirmed. A calm

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mind and body also allows patients to benefit more from the coping skills and support that they get in psychotherapy. Additionally, medication benefits more than symptom reduction. To him, leaving home equated with actual death. His disaster-type thoughts excited his body, which worsened his symptoms. Additionally, cognitive-behavioral techniques increase patients awareness of their bodies. They learn to sense subtle increases in body tension that can lead to anxiety and fear. Through techniques, like muscle relaxation, deep breathing and mindfulness, they learn how to lower brain and body arousal to stop their anxieties from taking them over. With enough practice, people can retrain their bodies to be less responsive to threat and harm, which can help them to lower their medication or completely get off it. Attending an ASAD support group is a very important aspect of treatment. It helps to know that other people have walked in your shoes and appreciate first-hand your anxieties and fears. Support systems should always include a licensed professional who is able to work with the individual with ASAD to develop coping tools to reduce their burden upon their loved one. It is also important for each person in the relationship to have their own support system of family and friends. If so, please let me know by selecting the Like icon that immediately follows.

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## Chapter 3 : How to Manage Adult Separation Anxiety

*Get this from a library! Coping with separation and loss as a young adult: theoretical and practical realities. [Louis E LaGrand].*

Child Development , Parent Resources - Articles , Parenting Children do not deal with separation and loss in the same way as adults. Adults, for example, recognize the difference between a friend moving out of town and a friend dying. Young children, on the other hand, simply view both situations as a loss. Children have three questions that they want to be answered ASAP when loss or separation occur: Is what happened my fault? Will it happen to me? How will what happened affect me? All three questions need to be answered in terms that the child can understand. Explain the situation in literal terms to children. Give the child an opportunity for closure if it is possible. If his friend is moving away, take him to visit and give him the opportunity to say goodbye. The same thing is true for death. Prepare the child for what is to be. Listen to what the child has to say about the separation or loss. He has an opinion, and it is important that the opinion be given validation. Children do not like major changes to their worlds. Changes make a child feel threatened. Point out that you are there and that you love him. Tell him how his world has not changed and lists the ways that his world will remain unchanged. Children, particularly young children, need to be guided through separation and loss situations with patience and love.

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## Chapter 4 : Coping with Grief and Loss: Dealing with the Grieving Process and Learning to Heal

*Most adults do not wander the streets crying aloud for a dead person. Bereaved people often try to avoid reminders of the loss and to suppress the expression of grief. What emerges is a compromise, a partial expression of feelings that are experienced as arising compellingly and illogically from within.*

It can turn your world upside down and make it hard to get through the work day and stay productive. But there are things you can do to get through this difficult adjustment. You also may feel anxious about the future. Accept that reactions like these will lessen over time. Even if the marriage was unhealthy, venturing into the unknown is frightening. Give yourself a break. Give yourself permission to feel and to function at a less than optimal level for a period of time. No one is superman or superwoman; take time to heal, regroup and re-energize. Sharing your feelings with friends and family can help you get through this period. Consider joining a support group where you can talk to others in similar situations. Isolating yourself can raise your stress levels, reduce your concentration, and get in the way of your work, relationships and overall health. Take care of yourself emotionally and physically. Be good to yourself and to your body. Take time out to exercise, eat well and relax. Keep to your normal routines as much as possible. Try to avoid making major decisions or changes in life plans. Avoid power struggles and arguments with your spouse or former spouse. If a discussion begins to turn into a fight, calmly suggest that you both try talking again later and either walk away or hang up the phone. Take time to explore your interests. Reconnect with things you enjoy doing apart from your spouse. Have you always wanted to take up painting or play on an intramural softball team? Sign up for a class, invest time in your hobbies, volunteer, and take time to enjoy life and make new friends. Easier said than done, right? Things may not be the same, but finding new activities and friends, and moving forward with reasonable expectations will make this transition easier. If you have children, family traditions will still be important but some of them may need to be adjusted. Help create new family activities. Make sure your kids know that your divorce is not their fault. Listen to and ease their concerns, and be compassionate but direct in your responses. Maintain stability and routines. Now that your kids may share time with both parents separately, make sure to agree in advance on bedtimes, curfews and other everyday decisions, as well as any punishments. Let your children know they can rely on you. Make and keep realistic promises. Avoid arguing with or talking negatively about the other parent in front of your kids.

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## Chapter 5 : Adult separation anxiety: how to overcome separation anxiety?

*Adult separation anxiety is the intense and excessive anxiety and fear someone experiences when being separated from a loved one or ones. Usually, this intense fear causes a great deal of disruption in their lives.*

Dealing with grief and loss Most people grieve when they lose something or someone important to them. The way grief affects you depends on lots of things, including what kind of loss you have suffered, your upbringing, your beliefs or religion, your age, your relationships, and your physical and mental health. How does grief affect you? Anxiety and helplessness often come first. Anger is also common, including feeling angry at someone who has died for "leaving you behind". Sadness often comes later. Some people take a lot longer than others to recover. You might feel affected every day for about a year to 18 months after a major loss. But after this time the grief is less likely to be at the forefront of your mind. There are practical things you can do to get through a time of bereavement or loss: Talking is often a good way to soothe painful emotions. Talking to a friend, family member, health professional or counsellor can begin the healing process. Allow yourself to feel sad. Keep your routine up. Emotional strain can make you very tired. A healthy, well-balanced diet will help you cope. Avoid things that "numb" the pain, such as alcohol. It will make you feel worse once the numbness wears off. Go to counselling if it feels right for you. Counselling may be more useful after a couple of weeks or months. Grieving when you have children When you have children, you may not want to show your feelings. Sometimes this is a good thing. For example, showing anger towards their other parent during a separation can be painful for a child to see.

### *2. Coping with separation and loss as a young adult: theoretical and practical realities: 2.*

How to Manage Adult Separation Anxiety Medically reviewed by October 24, Separation anxiety is often discussed in terms of children, or in some cases, pets. Separation anxiety in children is considered a serious issue as when a child is unable to be separated from parents, the likelihood he or she will miss out on crucial psychosocial development opportunities, and develop further anxiety problems later in life, increases significantly. Separation anxiety occurs in adults as well, and can be an equally serious problem, so much so that psychologists have considered adding it to the diagnostic manual. Many adults suffer from separation anxiety issues and either may not be aware, or fail to seek treatment. Thus, separation anxiety in adults is likely underreported, and a much more widespread problem than originally believed to be. Many adults suffering from anxiety separation and other kinds suffered some sort abuse or neglect in their past. How Separation Anxiety Manifests in Adults Separation anxiety, when extreme, is usually pretty easy to identify. Adults who have serious separation anxiety tend to have an unhealthy attachment to a person with whom they are close to, and experience intense anxiety and panic when having to separate from that person. Yet, in less severe cases of separation anxiety, the signs may not be as obvious. Some less apparent signs of ASA are: Extreme Jealousy - adults with separation anxiety may demonstrate signs of jealousy in relationships. A fear of abandonment is often what drives those with ASA to experience jealousy. This is especially true if the jealousy is accompanied by anxious thoughts, such as a fear of being alone or irrational concerns about infidelity. Of course, jealousy may be completely unrelated to ASA - for example, control of others is the cause of jealousy, as are trust issues - but some forms of deep jealousy may also be due to separation anxiety. Over Strict Parenting - there is some evidence that extremely strict and demanding parents may have separation anxiety issues as well. Stuck in Relationships - another way separation anxiety may manifest itself is in the way adults treat their relationships. Whether romantic, familial, or friend relationships, but also friendships and occasionally familial relationships, many with ASA work to maintain the relationship even when extremely unhealthy emotionally, physically, out of fear of being alone. Because there are currently no diagnostic criteria for ASA, the discussion of ways it manifests is purely speculative. Regardless, adult separation anxiety is a genuine problem, and affects the lives of countless adults. Symptoms of Adult Separation Anxiety In the discussion of adult separation anxiety, again, due to lack of concrete diagnostic criteria, many look to the symptoms of separation anxiety in children as a way to gain understanding. In children, symptoms of separation anxiety include: Distress when attached to a specific figure or figures. Excessive worry about losing these figures. Anxious, "worst case scenario" thinking about separation. Trouble sleeping when away from a specific person. Physical complaints when separation appears imminent. One might also add the belief that the person cannot live without another person, or that their quality of life will suffer dramatically. Because adult brains are far more developed than the brains of children, it is likely adult separation anxiety will reveal itself in different ways. Nevertheless, severe distress at the thought of being without someone is very probable to be a central sign of ASA, and some variation of the above list would likely fit into any diagnostic criteria. How to Stop Adult Separation Anxiety Because adult separation anxiety is only recently being recognized as a serious mental health problem, approaches to treatment are lacking. Yet there are some treatments that are thought to be potentially beneficial. If you believe you or someone you know has ASA, finding help is important. Once there is an awareness of the problem, identifying treatment is vital. Countering Other Anxiety Treating your anxiety symptoms can be very helpful. Many people with ASA display obsessive thoughts very similar to OCD, and some experience anxiety attacks when left alone. Recognizing the symptoms of other anxiety disorders can be extremely advantageous. Click here to start my anxiety test and see what you can treat no hyperlink includedâ€¦. Childhood Separation Procedures The same treatments that help children with separation anxiety may help adults as well. ASA can benefit from cognitive

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behavioral therapy, as well as systematic desensitization - learning to be alone in a way that is calming and better for mental health. Some medications may also be recommended, and relaxation strategies can be implemented as well. Support Groups Finding support can also be beneficial. Often one of the fears is losing that support so that a solid support group may be of assistance. Clearly, more research on ASA is needed before solid treatment recommendations can be made. Yet, talking to a medical or mental health professional is always a good place to start.

*Grieving the Loss of Romantic Relationships in Young Adults: An Empirical Study of Disenfranchised Grief L. E., Coping with Separation and Loss as a Young Adult.*

Dealing with a Breakup or Divorce Grieving and Moving on After a Relationship Ends A breakup or divorce can be one of the most stressful and emotional experiences in life. Whatever the reason for the split—and whether you wanted it or not—the breakup of a relationship can turn your whole world upside down and trigger all sorts of painful and unsettling emotions. As well as grieving the loss of your relationship, you may feel confused, isolated, and fearful about the future. But there are plenty of things you can do to cope with the pain, get through this difficult time, and even move on with a renewed sense of hope and optimism. Why are breakups so painful? Even when a relationship is no longer good, a divorce or breakup can be extremely painful because it represents the loss, not just of the partnership, but also of the dreams and commitments you shared. Romantic relationships begin on a high note of excitement and hopes for the future. When a relationship fails, we experience profound disappointment, stress, and grief. A breakup or divorce launches you into uncharted territory. A breakup also brings uncertainty about the future. What will life be like without your partner? Will you find someone else? Will you end up alone? These unknowns can often seem worse than being in an unhappy relationship. This pain, disruption, and uncertainty means that recovering from a breakup or divorce can be difficult and take time. You may also feel anxious about the future. Accept that reactions like these will lessen over time. Even if the relationship was unhealthy, venturing into the unknown is frightening. Give yourself a break. Give yourself permission to feel and to function at a less than optimal level for a period of time. No one is superman or superwoman; take time to heal, regroup, and re-energize. Sharing your feelings with friends and family can help you get through this period. Consider joining a support group where you can talk to others in similar situations. Isolating yourself can raise your stress levels, reduce your concentration, and get in the way of your work, other relationships, and overall health. Mental Health America Allow yourself to grieve the loss of the relationship Grief is a natural reaction to loss, and the breakup or divorce of a love relationship involves multiple losses: Loss of companionship and shared experiences which may or may not have been consistently pleasurable Loss of support, be it financial, intellectual, social, or emotional Loss of hopes, plans, and dreams which can be even more painful than practical losses Allowing yourself to feel the pain of these losses may be scary. Just remember that grieving is essential to the healing process. The pain of grief is precisely what helps you let go of the old relationship and move on. Tips for grieving after a breakup or divorce: While these emotions will often be painful, trying to suppress or ignore them will only prolong the grieving process. Knowing that others are aware of your feelings will make you feel less alone with your pain and will help you heal. Writing in a journal can also be a helpful outlet for your feelings. Remember that moving on is the end goal— Expressing your feelings will liberate you in a way, but it is important not to dwell on the negative feelings or to over-analyze the situation. Getting stuck in hurtful feelings like blame, anger, and resentment will rob you of valuable energy and prevent you from healing and moving forward. Remind yourself that you still have a future— When you commit to another person, you create many hopes and dreams for a life together. As you grieve the loss of the future you once envisioned, be encouraged by the fact that new hopes and dreams will eventually replace your old ones. Know the difference between a normal reaction to a breakup and depression— Grief can be paralyzing after a breakup, but after a while, the sadness begins to lift. Day by day, and little by little, you start moving on. Helping your kids during a breakup or divorce Children and Divorce: Helping Kids Cope When mom and dad split, a child can feel confused, angry, and uncertain as well as profoundly sad. Reach out to others for support Support from others is critical to healing after a breakup or divorce. You might feel like being alone, but isolating yourself will only make this time more difficult. Connect face-to-face with trusted friends and family members. People who have been through painful breakups or divorces can be especially helpful. They know

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what it is like and they can assure you that there is hope for healing and new relationships. Frequent face-to-face contact is also a great way to relieve the stress of a breakup and regain balance in your life. Spend time with people who support, value, and energize you. As you consider who to reach out to, choose wisely. Surround yourself with people who are positive and who truly listen to you. Get outside help if you need it. The most important thing is that you have at least one place where you feel comfortable opening up. If you feel like you have lost your social network along with the divorce or breakup, make an effort to meet new people. Join a networking group or special interest club, take a class, get involved in community activities, or volunteer at a school, place of worship, or other community organization. Taking care of yourself after a breakup

A divorce is a highly stressful, life-changing event. The strain and upset of a major breakup can leave you psychologically and physically vulnerable. Get plenty of rest, minimize other sources of stress in your life, and reduce your workload if possible. Learning to take care of yourself can be one of the most valuable lessons you learn following a breakup. As you feel the emotions of your loss and begin learning from your experience, you can resolve to take better care of yourself and make positive choices going forward. Make time each day to nurture yourself. Help yourself heal by scheduling daily time for activities you find calming and soothing. Spend time with good friends, go for a walk in nature, listen to music, enjoy a hot bath, get a massage, read a favorite book, take a yoga class, or savor a warm cup of tea. Pay attention to what you need in any given moment and speak up to express your needs. Honor what you believe to be right and best for you even though it may be different from what your ex or others want. Say "no" without guilt or angst as a way of honoring what is right for you. Stick to a routine. A divorce or relationship breakup can disrupt almost every area of your life, amplifying feelings of stress, uncertainty, and chaos. Getting back to a regular routine can provide a comforting sense of structure and normalcy. Take a time out. Try not to make any major decisions in the first few months after a separation or divorce, such as starting a new job or moving to a new city. Avoid using alcohol, drugs, or food to cope. But using alcohol, drugs, or food as an escape is unhealthy and destructive in the long run. A divorce or breakup is a beginning as well as an end. Take the opportunity to explore new interests and activities. Pursuing fun, new activities gives you a chance to enjoy life in the here-and-now, rather than dwelling on the past. You might find yourself not eating at all or overeating your favorite junk foods. Exercise might be harder to fit in because of the added pressures at home and sleep might be elusive. Try to consider this period in your life a time-out, a time for sowing the seeds for new growth. You can emerge from this experience knowing yourself better and feeling stronger and wiser. In order to fully accept a breakup and move on, you need to understand what happened and acknowledge the part you played. Some questions to ask yourself: Step back and look at the big picture. How did you contribute to the problems of the relationship? Do you tend to repeat the same mistakes or choose the wrong person in relationship after relationship? Think about how you react to stress and deal with conflict and insecurities. Could you act in a more constructive way? Examine your negative feelings as a starting point for change. Are you in control of your feelings, or are they in control of you? Try not to dwell on who is to blame or beat yourself up over your mistakes. As you look back on the relationship, you have an opportunity to learn more about yourself, how you relate to others, and the problems you need to work on. Recommended reading *Coping with Separation and Divorce* – Helpful tips on how to cope with and recover from a separation, divorce, or relationship breakup. *Mental Health America Recovering from a Break-up* – Article describes what you can do to recover after a breakup, including how to cope with painful feelings and learn from past mistakes. *Coping with Stress and Change PDF* – Practical guide to restructuring family life and coping with the loss and change that come along with separation and divorce.

## Chapter 8 : Dealing with grief and loss - NHS

*Childhood Separation Procedures* The same treatments that help children with separation anxiety may help adults as well. ASA can benefit from cognitive behavioral therapy, as well as systematic desensitization - learning to be alone in a way that is calming and better for mental health.

Weight loss or weight gain Aches and pains Insomnia Seek support for grief and loss The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself. Turn to friends and family members. Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. They may feel unsure about how to comfort you and end up saying or doing the wrong things. Draw comfort from your faith. If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. Join a support group. Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the Resources section below.

**How to Choose** Talk to a therapist or grief counselor. If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving. As well as allowing you to impart practical information, such as funeral plans, these pages allow friends and loved ones to post their own tributes or condolences. Reading such messages can often provide comfort for those grieving the loss. Of course, posting sensitive content on social media has its risks. Memorial pages are often open to anyone with a Facebook account. This may encourage people who hardly knew the deceased to post well-meaning but inappropriate comments or advice. Worse, memorial pages can also attract Internet trolls. There have been many well-publicized cases of strangers posting cruel or abusive messages on memorial pages. To gain some protection, you can opt to create a closed group on Facebook rather than a public page, which means people have to be approved by a group member before they can access the memorial. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems. Express your feelings in a tangible or creative way. Write about your loss in a journal. Try to maintain your hobbies and interests.

**How to Start Exercising and Stick to It: Making Exercise Enjoyable** Look after your physical health. The mind and body are connected. Combat stress and fatigue by getting enough sleep, eating right, and exercising. For help facing up to and managing distressing emotions like grief These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships. Symptoms of complicated grief include: But with the right guidance, you can make healing changes and move on with your life. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. With depression, on the other hand, the feelings of emptiness and despair are constant. Depression Symptoms and Warning Signs: Recognizing Depression and Getting Help Other symptoms that suggest depression, not just grief, include: As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that

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must be worked through eventually, antidepressants delay the mourning process. Instead, there are other steps you can take to deal with depression and regain your sense of joy in life. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better. Contact a grief counselor or professional therapist if you: In the UK, call 90 90 In Australia, call 13 11 Or visit IASP to find a helpline in your country. Recommended reading Grief and Loss:

### Chapter 9 : Dealing with Separation and Loss - Genesis One

*Separation and loss in childhood. Infants and toddlers react to separation from an attachment figure by protesting vigorously. If their cries are not successful in restoring the adult, protest eventually gives way to despair, and eventually, if they are not restored to their attachment figure, pathological states of detachment and indifference may ensue.*