

TOP 8 THINGS TO UNDERSTAND ABOUT ANTICIPATORY GRIEF

- 1** Anticipatory grief is the name for what people experience when they know that they will likely face a profound loss.
- 2** It is not often discussed because we tend to associate grief with after, not before, the loss.
- 3** Anticipatory grief is natural and a common part of the process.
- 4** It can take many forms (e.g., sadness, anger, irritability, guilt, mood swings, among others).
- 5** It may manifest as physical problems (e.g., sleep or memory difficulty, headache, or other physical pain).
- 6** It is important to know that anticipatory grief affects everyone in different ways and at different times – no two people are alike.
- 7** You don't need to wait for death to seek support – the better the Before, the better the After.
- 8** Grief support and counseling, either one-on-one or in a support group, can be very helpful during this time.