

# Surviving Loss

Grief is a necessary and challenging part of our lives. Grief involves loss—the loss of a loved one, the loss of a pet, the loss of a job. Sometimes we experience losses that are not as obvious, but nearly as painful. When a marriage ends, through death or divorce, we lose not only a spouse, but the future we anticipated with that spouse. What happened to those golden years we so looked forward to? What about our future role as parents or grandparents? What has become of that?

This can be true of a job loss, too. We no longer have the same rhythm to our days. We have new worries about the future. Even in cases where we do not have pressing financial needs, we may find ourselves wondering, *“How will I define myself?” “Am I no longer needed?” “How will I fill my days?”*

Making our way through this type of loss can be just as difficult to navigate as the loss of someone or something more tangible. Grief is a process. It has been said: “You cannot go around your grief. The only way over your grief is to go through your grief.”