

## DEFINITIONS

**LOSS** is an intentional or unintentional parting with something of value, also the deprivation or harm which ensues from such a loss.

**BEREAVEMENT** is a state caused by loss such as death.

**GRIEF** is a natural emotional reaction to loss. It involves a sequence of thoughts and feelings that follow the loss and accompany mourning. Grief is a process and the internal meaning given to the external event.

**MOURNING** is the outward expression of grief and bereavement. The specific ways in which people mourn are influenced by the customs of their culture. Another way of defining mourning is to state that it is: grief-gone public or 'sharing one's grief outside of oneself.

**GRIEF WORK** is the activity(s) associated with thinking through the loss, facing its reality, expressing the feeling and emotions experienced, and becoming re-involved with life.

**ANTICIPATORY LOSS** refers to a grief reaction that occurs before an impending loss. Typically the impending loss is a death of someone due to an illness. However, it can also be from a high risk lifestyle, gang involvement, scheduled mastectomy or loss of other part of the body; a pending divorce, a company downsizing, a loved one going to war, a move.