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## The Physical and Mental Effects of Death

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# The Physical and Mental Effects of Death

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## Abstract

Death and grieving is a common occurrence in life. When we lose a loved one, our body naturally processes it in many ways often referred to as the 5 stages of grief.

Some people may experience severe depression, anxiety, bursts of anger and other emotional disturbances that can affect one's day to day life.

As much as people struggle psychologically, they also experience physical alterations; like not eating and sleeping. People feel emptiness in their life and are left to wonder "why?".

## Key points

- The 5 stages of grief include: denial, anger, bargaining, depression and acceptance .
- Most people go through physical, emotional and social alteration like not being able to eat, mood swings, and not being to go out to social events.
- The difference between bereavement and grieving is that bereavement is being deprived by death and grieving is the outward expression of the loss.
- There is a big difference between the death of a child, a spouse, an elder and losing someone to suicide. Each type of death can cause completely different emotions.

## Conclusion

Acceptance is an extremely long and painful process that requires patience. This process will often feel never-ending but with time and good people surrounding them, many people begin to see the light at the end of the tunnel.

Healthy coping methods and self care will play an important role in acceptance. People learn to love their life and adjust to their new reality.

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