

Stressor anticipation and endurance

Psychology



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In such situations, grief counseling and grief therapy can be very effective. It helps the person to accept the loss, to live without the loved one and to make decisions, emotional separation from the person and makes the mourner stronger mentally, emotionally and physically. Allowing the mourners to experience the entire grief process helps in relieving them from grief and depression, and in bringing their lives back to normality (Cancer, 2003). Kissane et al.'s (2006) research identified that family-focused grief therapy is most effective in coping the grief from the loss of a loved one. This specifically brings about reduction in complications of bereavement, helps the family members function normally, and helps in cohesion and communication among family members. In conclusion, coping with loss and grief due to illness is specific to every individual and should be approached considering all the impacting factors and their intensity.