

Kübler-Ross described acceptance as the final stage of grief. Not in the sense of "it's okay, my husband died," but rather "my husband died, but I'm going to be okay." Your emotions may begin to settle at this point. You return to reality. You accept that the "new" reality is that your spouse will never return – or that you will succumb to your sickness and die shortly – and you're fine with it. It's not "good," but it's something you can live with. It is undeniably an adjustment and readjustment period.

There are good days, awful days, and then some good days again. It doesn't imply you'll never have another horrible day - when you're uncontrollably upset – at this point. However, the good days outnumber the bad days. You may emerge from your fog at this point, begin to connect with friends again, and perhaps form new relationships as time passes. You recognize that your loved one cannot be replaced, yet you move, develop, and adapt to your new world.

Symptoms of Grief

Grief symptoms can manifest physically, socially, or spiritually. The following are some of the most frequent symptoms of grief:

- Crying
- Headaches
- Difficulty Sleeping
- Questioning the Purpose of Life
- Questioning Your Spiritual Beliefs (e.g., your belief in God)
- Feelings of Detachment
- Isolation from Friends and Family
- Abnormal Behavior
- Worry
- Anxiety
- Frustration
- Guilt
- Fatigue
- Anger
- Loss of Appetite
- Aches and Pains
- Stress

Treatment of Grief

The most prevalent approaches to managing sorrow have been drug prescriptions and participation in therapy. To begin, your doctor may prescribe drugs to help you operate more completely. Sedatives, antidepressants, and anti-anxiety drugs may be prescribed to assist you to get through the day. In addition, your doctor may give you sleeping medicine.

This therapy area frequently raises disagreements in the medical community. Some doctors refuse to provide drugs because they fear they may harm you throughout the grieving process. That is, if a doctor gives anti-anxiety or sedative medication, you are not genuinely experiencing sorrow in its