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Inspiring Minds

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Loss. Now what?

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Inspiring Minds 2023 (ish?)

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My research oscillates between death education for health care professionals, educators, and students along the lifespan.

Loss. Now what?

When faced with a loss, people often wonder why they feel so much, even if no one has died.

Similarly, when someone has died, they may struggle even after months. How do we make meaning out of loss and make sense of a disrupted life pathway?

Loss is inevitable whether it happens on a sunny day or in the darkness of night. We can better understand and cope with grief by exploring various thanatological theories and how they apply to our own experiences. Finding language to describe the losses helps legitimize an effort to unstuck ourselves to the spots we may be experiencing, feeling stuck in our grief.