

Talking to Your Doctor About Grief



Overview

If you lose someone or something you love, you feel unhappiness and pain. These feelings can overwhelm you. We call this "grief." Everyone experiences and responds to grief in their own way. If you're finding your grief hard to handle, it's important to talk to your doctor about it. Here are some tips to help you open up.

Grief is personal

First, know that grief is personal. There's no right or wrong way to grieve. And all healing takes time. But you shouldn't have sadness that never lets up and doesn't go away. This can be a sign of depression. Depression is a medical condition that can be treated. You need to take it seriously.

Your doctor is there to help

Next, know that your doctor wants to help you. Finding a way to help you is your doctor's job. But your doctor can't help you unless you speak up. Being open and honest is your job.

Write it down

Before your doctor visit, do a little preparation. Keep a journal. Write down what you're feeling each day. Write down any symptoms you're having. That way, when you're at your appointment, you'll have good information for your doctor. This will help you get a conversation started.

Conclusion

And finally, follow your doctor's advice. You may benefit from medication. Your doctor may recommend that you see a mental health professional. If so, go see one. By following your doctor's advice and sticking to your care plan, you can manage grief successfully.

