Grief is a part of life that we all experience and is a powerful emotion that can be painful, especially in a non-stop world. Out of that pain can come meaning and a new beginning. The practitioner’s role is to come alongside the bereaved and be present in that grief journey to meaning and a new beginning.¹ This video presents principles that practitioners can use to aid in the grief journey.

**MAIN POINTS**

Principles that enable practitioners to support families in navigating the difficult end-of-life scenarios:

- Acknowledge the loss¹
- Allow yourself to experience and express emotions²
- Explore what works for each individual²,³
- Use rituals, traditions, and ceremonies to acknowledge the importance that person had in life¹

**RESOURCES**


**REFERENCES**


**FOR MORE INFORMATION**


*Click here to learn more about POLARIS and Dealing with Grief: A Series of 5 Short, Powerful Videos*

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