

7 Worst Things You Can Do When You're Grieving

 prevention.com/algo.html

June 1, 2017



Yuichiro Chino

We as humans grieve because we love, and it's the natural response to a loss. "It's a way to acknowledge and honor who or what was lost," explains Mary Martineau, LCSW, MSW, a grief therapist in Salt Lake City. "We must move through grief, not by 'getting over it' or 'moving on' but by experiencing it wholly, which takes time."

While there's no "incorrect" way to grieve, it's common to respond by doing things that actually make it harder for you to process the loss and move forward. Here are several reactions you should try to side-step so you can focus on healing. (Want to pick up some healthier habits? [Sign up](#) to get healthy living tips, weight loss inspiration, slimming recipes and more delivered straight to your inbox!)