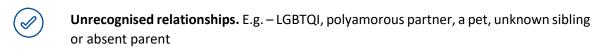


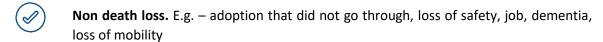
EMPLOYEE SERIES

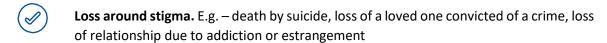
Tips for managing disenfranchised grief

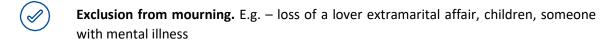
Disenfranchised grief, also known as hidden grief or sorrow, refers to any grief that goes unacknowledged or unvalidated by social norms. This kind of grief is often minimized or not understood by others, which makes it particularly hard to process and work through.

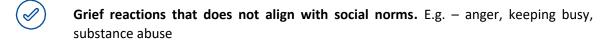
What it might look like:



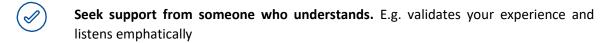


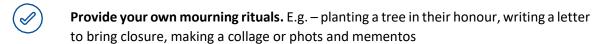


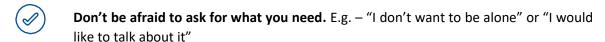


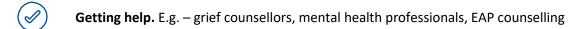


Coping Tips:









 $\textbf{Reference} - \underline{\text{https://www.healthline.com/health/mental-health/disenfranchised-grief\#finding-support}}$