

## **Esaieson Junior LADOUCEUR**

### **Grief and Loss**

In Chapter 6, which is a very interesting chapter that talks about grief and loss in emerging adults, I learned about "emerging adulthood" which is a term used to describe a period of development from about 18 to 25 for some and for others 18 to 29, experienced by most people in their twenties in Western cultures and perhaps in other parts of the world as well. This term was originally defined by developmental psychologist Arnett

Arnett recognized that traditional and typical markers of entering true adult life (e.g., leaving home, getting married, having children, etc.)

Disenfranchised grievance that arises when the grievance one feels is not supported by society or recognized as legitimate, also known as hidden grievance or bereavement, disenfranchised grievance is often not recognized, validated or understood, very often strikes emerging adults. This chapter shows how this category of dying can mourn to be relieved of the pain of bereavement. Technology and social media allow this dimension of grief to mourn. As McBride learned, content posted by emerging adults serves five purposes: (a) for "alternative places and spaces, to grieve and grieve; (b) to enable continued attachment to the deceased; (c) promote coping and integration of loss; (d) promote permanent links; and (e) inhabit a space originally created by the deceased where a virtual community continues to remember the deceased. This means offering the possibility to people with a disenfranchised to mourn.

## **The Myth of Closure**

I learned that it is important to let people grieve after the death of a family member, because grief is the expression of loss, the feeling of love, the rain that falls on the broken heart . We had learned that we are strong at the death of a member of his family and this strength is in the fact of remaining without crying, because he considers that this share of sensitivity is the sign of a weakness, a weakness which overwhelms him.

I also learned about psychological Family which is a specialty in professional psychology that focuses on the emotions, thoughts, and behaviors of individuals, couples, and families in relationships and in the larger environment in which they function, even considering deceased persons. Family Psychology uses the broad conceptual foundations of systems psychology focused solely on understanding and intervening in systemic relational systems.

## **Journey Across the LifeSpan**

From this specific chapter I learned about the different types of Fat:

The Trans fats which are all the worst fats for your health. Too much of these types of fats in our diet increases our risk of heart disease and other health problems. Trans fats are made when liquid oils are turned into solid fats, such as shortening or margarine

Saturated fats which is one of the unhealthy fats, along with trans fats. These fats are most often solid at room temperature. Foods like butter, palm and coconut oils, cheese, and red meat contain high amounts of saturated fat

Unsaturated fats which contain one or more double or triple bonds between molecules. These fats are liquid at room temperature in the form of an oil. They also occur in solid foods. This group breaks down into two categories, called monounsaturated fats and polyunsaturated fats.

### **Osteoporosis**

Osteoporosis is considered as a bone disease that develops when bone mineral density and bone mass decrease, or when the structure and strength of bones change. This can lead to a decrease in the strength of the bones, which can increase the risk of fractures (broken bones). Knowing the existence of this disease and its evolution allows us to avoid it and to help others to avoid it too