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The Myth of Closure

Trying to master his grief would not work. Grief is meant to be expressed and lived with, not controlled.

In the majority of cases, when we are faced with a situation of loss and grief, we seek to eliminate or control the grief so that we can find happiness, because we did not know that what we lost never comes back and that we have to live with this loss, hence the importance of resilience in everyone's life.

I know the right way to find recovery after an ambiguous loss.

Knowing how to find happiness after a loss is important, because in addition to the fact that resilience helps us overcome painful trials in life, it is also what allows us to learn to adapt to changes, which makes us curious, tenacious, empathetic, which makes our optimism shine even when a lot of things are going wrong. Indeed, it is a formidable human ability, which has enabled us throughout our history to survive and always move forward, and which we must learn to cultivate to help us in our daily lives.

Grief Counseling and Grief Therapy

The first thing I learned from this chapter is that it allows me to understand the difference between a simple grievance and a complicated grievance. Simple grief is to be expected when a

person experiences a loss and involves a movement towards integrated grief over time, with some periods of acute grief. Complicated grief, on the other hand, is a disabling condition in which a person is limited in their daily functioning. Knowing this difference, we will know the best technique to use to better help our clients achieve their goals.

In our young ages we were taught that crying is a sign of weakness and that especially boys should not display this weakness. There is still the belief that crying is a sign of enormous weakness, mainly in men. In much like Haitian culture, a man who expresses his emotions by crying risks appearing too insecure or sensitive and that is why from childhood he is taught not to cry. But this chapter makes me realize that

Crying allows us to express our deepest emotions

Sometimes we are dominated by strong emotions, and we cannot express them in words. People often refer to crying as a liberating act and a way to say the unspeakable.

In addition, crying can promote self-knowledge because when we cry, we realize our vulnerabilities and weak points. We come to understand our own feelings and ways of acting.

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

Grief and Loss Across the Lifespan

The first thing I learned from this chapter is the development of different aspects of young adulthood. In terms of mean level change, people show increased self-confidence, warmth, self-control, and emotional stability with age. These changes predominate in young adults. Moreover, the average level change in personality traits occurs in middle and old age, showing that personality traits can change at any age. In terms of individual differences in personality change, people exhibit unique developmental patterns at all stages of the life course, and these patterns appear to be the result of specific life experiences tied to developmental stages. a person's life. Regarding bodily changes, this chapter helps me understand physical changes in early adulthood. These changes include the achievement of height and weight, muscle gains and a slight increase in body fat. Young adults also achieve optimal physiological functioning when they experience increases in muscle strength, reaction time, agility, bone density, and heart function. However, degradation begins to surface at this stage of life. For the most part, these degradations appeared in their thirties.