



News Release

University of Nevada School of Medicine

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Death is final, but other types of loss can leave a number of issues and emotions unresolved. On today's HEALTHLINE, here's Dr. John Altrocchi of the University of Nevada School of Medicine:

"Losing a love through separation or divorce is the most powerful stress in our society -- even worse than death of a spouse, which is final. You may feel an upsurge of emotions -- grief, rage, anxiety -- and you need to find constructive ways to deal with them. You may feel confused, because part of your life is gone, never to return. You must de-attach yourself from your former love, piece by piece, and this won't happen all at once. You will need the support of family and friends, now more than ever. You also need to rediscover and redefine who you are and this includes finding some ways to grow from this crisis."

This is HEALTHLINE from the University of Nevada School of Medicine.