



COUNSELING CENTER

Coping with Grief

Grief is a normal reaction to loss. Grief is most often associated with death, but is really the response to any loss. This workshop is for anyone experiencing any type of loss. In this workshop we'll review types of grief, signs of grief, what grief is not, and ways to cope with grief.

Signs of Grief:

- Sadness
- Irritability or anger
- Trouble focusing
- Increased or decreased sleep
- Headaches
- Nausea
- Re-experiencing grief of past loss
- Engaging in activities to cope (eating, drinking, gaming, shopping)
- Avoiding thinking about or talking about anything related to the loss
- Any changes to your normal way of being

Quick Thoughts for Coping:

- Grief is normal, but there is no normal grieving pattern.
- Be patient with yourself. Grief is a process, unfortunately there isn't a predictable timeline.
- Use non-judgment towards your emotional experience. You are not "too sad" or "too okay" or "too happy". Judging your emotions simply adds to pain or takes away joy.
- Treat yourself as you would a friend. What might you say to a grieving friend?
- Find a person or people you can talk to about your grief.

To learn more, attend the Coping with Grief Wellness Workshop. You can also contact us at the counseling center for more information or to get connected with a counselor.