

→ What is grief?

Grief is a normal and natural, though often deeply painful, response to loss. The death of a loved one is the most common way we think of loss, but many other significant changes in one's life can involve loss and therefore grief. Everyone experiences loss and grief at some time. The more significant the loss, the more intense the grief is likely to be.

Each individual experiences and expresses grief differently. For example, one person may withdraw and feel helpless while another might be angry and want to take some action. No matter what the reaction, the grieving person needs the support of others.

Further Information can be found at:

- Counseling services, visit the Aquinas Career and Counseling Services website, call, or stop in
- Dealing with Grief and Loss, go to www.aarp.org/griefandloss



**Career and
Counseling
Services**

Donnelly Center Downstairs

Phone: 632-2905

<http://www.aquinas.edu/ccs/counseling/>

→ When we Grieve

What you should know about grief and loss



→ Coping with Death, Grief, and Loss

What are some common responses to hearing bad news?

- Disbelief and shock
- Problems sleeping and eating
- Inability to focus on schoolwork, work, or even recreational activities
- Depression or anxiety
- Self isolation



What are some things you can do after you get bad news?

- Share your feelings and concerns with friends, Resident Assistants/Multicultural Assistants, professors, classmates, church members, and family
- By talking with others, you will feel better and realize that you are not alone; many other people have dealt with similar feelings and are understanding

→ Take care of yourself

- Get enough sleep
- Do things that you find relaxing and soothing
- Write about your feelings, either in a journal or a poem.
- Remember to eat nutritious foods and exercise
- Avoid excessive drinking and risk-taking activities
- Avoid making impulsive decisions or major life decisions
- As soon as you can, go back to your usual routines and include activities that you enjoy



→ Ask for help

- Talk with a trusted friend or family member
- Talk to your academic advisor and professors about missing class and/or assignments
- Talk to your work supervisor and/or student organization advisor about schedule conflicts or responsibilities

- Use on-campus resources such as the Counseling Center and Campus Ministries

→ What is the Grief Process?

The grief process is as individual as the person, lasting days for one person or years for another. The process typically begins with denial, which offers protection until we can realize our loss. Some people may try bargaining with a higher power, themselves, or even their loved one to restore life. Some feel anger, which may be directed at anyone involved with the deceased, including family, friends, co-workers, and doctors. We may also feel guilt about what we did or did not do, and may feel that it is inappropriate to be so upset. After these feelings subside, we may experience true sadness or grief. We may become withdrawn or depressed. Acceptance occurs when we accept the reality of our loss and remember our loved one with decreasing sadness. Remember, not everyone follows these classic stages of grief—some may skip or repeat a stage, or experience the stages in a different order.