

Grief and Loss

Grief Process

1. Denial
 - a. Deny the situation actually occurred. It is a defense mechanism that buffers the immediate shock.
2. Anger
 - a. When the reality of the situation begins to settle, the emotion that appears is anger.
3. Bargaining
 - a. Feelings of helplessness. We try to make a deal to postpone the inevitable.
4. Depression/Sadness
 - a. Worrying about the costs associated with the loss. Feeling guilty about not spending time with others during the difficult time.
5. Acceptance
 - a. Learning to cope with the loss and understanding the emotions you are experiencing. Allowing yourself to feel the grief will help you process and heal.

Tips for Coping

1. Talk about it- speak with friends, professors or family members because it will help you realize that you are not alone with your feelings.
2. Limit media watching- take breaks from watching news coverage that could cause more pain
3. Take care of yourself- get plenty of rest/sleep, exercise, healthy eating to help your body cope with the stress. Find time to relax.
4. Avoid excess- avoid alcohol, drugs and tobacco products to cope with stress.
5. Resume routines- get back to your daily activities in life. It will help resume a sense of control.
6. Get involved- engaging in positive activities will help promote comfort.

Based on original content from Psych Central and the U.S. Department of Health and Human Services.