COPING WITH GRIEF:
PRACTICAL STEPS AND ADVICE FOR DEALING WITH LOSS.
“Death leaves a heartache no one can heal, love leaves a memory no one can steal.”

— author unknown
THE INDIVIDUALITY OF LOSS.

Of the many trials you may confront in life, none is perhaps more difficult and challenging than being faced with a personal loss. How you deal with loss and move toward recovery is specific to every individual, even within the same family. Please keep in mind that you should always talk to a physician or trusted adviser if you need any additional support or information.

GIVE YOURSELF PERMISSION TO GRIEVE.

Grief is the normal and natural emotional response to loss. It is a process that can include emotional states such as shock, bargaining, pain and even anger. But eventually this journey leads to healing and acceptance. Allow yourself time to experience this in order to recover from your loss.

GRIEF OR DEPRESSION

While grief is a normal process, sometimes depression can develop. Depression is a combination of symptoms that interfere with a person’s ability to work, sleep, study, eat and enjoy once-pleasurable activities. Its symptoms are typically more pronounced and last for an extended period of time. Talk to a physician or trusted adviser if you feel you need additional support or information.
Ways you can help yourself or family members cope with grief and loss:

• Take time to rest and be alone if you are overwhelmed by the attention of others.

• Eat a healthy diet, exercise and talk to a doctor if you can’t sleep.

• Communicate your loss to teachers, employers or coworkers and learn about any policies regarding absences or requirements for missed work.

• Ask for or accept offers of help from friends, neighbors or relatives.

• Attend counseling for family members or close friends.

• Join a support group with others who are going through similar experiences.

• Keep a journal to chronicle your emotions and thoughts.

• Stay involved in familiar activities if at all possible.

Moving on with daily life doesn’t diminish the significance of losing a loved one. Remind yourself and assure your family members that it is okay to laugh or have a good time again. Just remember there is no set period for recovery, and grief is cyclical. It may recede and possibly resurface over the course of weeks, months or years.
RESOURCES

Tragedy Assistance Program for Survivors (TAPS)
taps.org
800-959-TAPS (8277)

The Dougy Center – The National Center for Grieving Children & Families
dougy.org
866-775-5683

American Association for Marriage and Family Therapy (AAMFT)
aamft.org
703-838-9808

National Center for PTSD – US Department of Veterans Affairs
ptsd.va.gov
802-296-6300

American Foundation for Suicide Prevention (AFSP)
afsp.org
888-333-AFSP (2377)

National Suicide Prevention Lifeline
suicidepreventionlifeline.org
800-273-TALK (8255)
We know what it means to serve.