



REAL  
PEOPLE

REAL  
PROBLEMS

REAL  
SOLUTIONS

ALLEVIATING DISTRESS AND PROMOTING HEALTHY FUNCTIONING BY PROVIDING SHORT-TERM COUNSELING SERVICES.

**University Counseling Center**

**UCC**

**Coping with Grief and Loss  
Understanding the Grieving Process**

# What is Grief?

- ❖ Grief is the process of experiencing the physical , emotional, mental, social, and spiritual effects of a death or other loss.
- ❖ Any loss can cause grief, including:
  - A relationship breakup
  - Loss of health
  - Losing a job
  - Loss of financial stability
  - Death of a pet
  - Loss of a friendship



# Understanding the Grieving Process

❖ After a significant loss, you may experience all kinds of difficult and surprising emotions, such as:

- Shock
- Anger
- Fear
- Emptiness
- Sadness
- Anxiety
- Confusion



❖ There is not a right or wrong way to grieve--but there are healthy ways to cope with the pain.

# The Five Stages of Grief

- ❖ In 1969, psychiatrist Elisabeth Kubler-Ross introduced what became known as the “Five Stages of Grief.”
  - **Denial:** “This can’t be happening to me.”
  - **Anger:** “Why is this happening? Who is to blame?”
  - **Bargaining:** “If you make this not happen, I promise I will\_\_\_\_\_.”
  - **Depression:** “I’m too sad to do anything.”
  - **Acceptance:** “I’m at peace with what happened.”

# Everyone Grieves Differently

- ❖ People have to pass through **their own individual journey** of coming to terms with loss.
- ❖ How you grieve depends on many factors, including:
  - ✓ Your personality and coping style
  - ✓ Your life experience
  - ✓ Your faith
  - ✓ The nature of the loss



# Unhealthy Ways of Coping With Grief and Loss

- ❖ Continuing to deny the loss
- ❖ Intellectualizing about it
- ❖ Stuffing our feelings
- ❖ Macho mentality (I'm strong; I can handle it by myself)
- ❖ Using alcohol or other drugs to suppress the pain
- ❖ Prolonged attempt to get the lost object back



# Healthy Ways of Coping With Grief and Loss

- ❖ Turn to friends and family members
- ❖ Draw comfort from your faith
- ❖ Face your feelings
- ❖ Get support from a counselor
- ❖ Take care of yourself
- ❖ Keep a journal or diary of your thoughts and feelings or consider writing your loved one a letter



# GETTING BETTER MEANS...

- ❖ Solving problems and completing tasks in your daily work routine again
- ❖ Sleeping well and having energy again
- ❖ Feeling good enough about yourself to be hopeful about the rest of your life
- ❖ Increased focus on life and a decreased focus on death or loss
- ❖ Being able to enjoy the pleasurable and beautiful things in life again





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