

## GRIEF AND LOSS

### ***What is grief?***

Grief can be described as the painful emotional, physical, mental, and spiritual reactions to a wide variety of losses.

### ***Responses to grief***

- sadness
- anger
- frustration
- relief
- guilt
- ambivalence
- loneliness
- sleep disturbance
- indecisiveness
- concentration difficulty
- body aches

### ***Coping strategies***

- Allow for a range of emotions, there is no right way to feel
- Remember that everyone processes loss differently
- Share your feelings with a friend, support group or faith community
- Take time alone as needed without guilt
- Make an effort to connect with others for relaxing or fun activities
- Engage in art (painting, coloring), journaling, or music (listen, dance, create)
- Let your instructors know what you are coping with this semester
- Get connected with a counselor at the CTC

### ***Things to remember:***

- Talk to others who have experienced loss
- Seek support directly from those that are able to give it
- Stay with a routine, even if you feel you are just going through the motions
- Recognize the feelings for what they are rather than why they are
- Be forgiving and patient with yourself. It is alright to make mistakes or lose your concentration
- Be good to yourself. Take the rest you need, the walk you enjoy, the gift you would like
- Give yourself time to heal
- Seek guidance from a source that can offer you both wisdom and empathy
- Some days will be harder than others

### ***Supporting someone who is grieving***

- Show up, listen and be present
- Do not try to fix the unfixable. You cannot take the pain away
- Say their person's name

## **CONTACT US**

### ***UW La-Crosse Counseling and Testing Center***

2106 Centennial Hall  
8 - 4:30pm M-F  
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Website:  
[www.uwlax.edu/counseling-testing](http://www.uwlax.edu/counseling-testing)



***Visit our website!***

### ***Emergency Resources***

UWL Police:  
608-789-9999

City of La Crosse  
Police: 911 or 608-  
785-5962

Great Rivers 211: 211  
or 800-362-8255

Suicide and Crisis  
Lifeline: Call or text  
988