

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

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



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