

Grief and Loss

Grief and loss is not only something we experience when we lose someone we are close to, we can also experience grief and loss when a relationship ends, we lose a job, expectations are not met, we miss an opportunity, we lose our home, a pet dies, parents' divorce and friendships change. Grief and loss can be experienced differently for everyone. Regardless of what you are facing, here are some things you may experience as you face grief and loss.

The 5 Stages of Grief

1. Denial - Trouble accepting the realities of the loss
2. Anger - Can be anger at self, anger at the person or people you lost, anger at God
3. Bargaining - Thinking "I could have done something" to change the outcome
4. Depression - Sadness, isolation, periods of crying
5. Acceptance - We may still experience times of sadness or loneliness, but have accepted the loss and are moving forward

It is important to know that you may not go through these stages in order, you may skip a stage only to return to it later. There is not a time limit on grief, and it can take each person a different amount of time to process their loss. It will also be helpful to remember that any emotions you feel during this time are okay. It's okay to feel happy, to feel sad or even to feel angry. During this time, it will be important for you to reach out to others for support and allow yourself time to express your feelings.

If your feelings of sadness continue or get worse, it is advisable to seek additional support. The Office of Student Care is here to help you walk through the grief process. Please visit our offices on the second floor of the Student Life Building 26 to make an appointment.

Check out these links for more information.

<https://www.griefshare.org/>

<https://grief.com/>