

GRIEF FACT SHEET

HAMPTON UNIVERSITY STUDENT COUNSELING CENTER



The primary mission of the Student Counseling Center is to assist students with their emotional and educational concerns. Emphasis is placed on tailoring services to meet individual needs.

We are committed to empowering students to make successful transitions through trying times.



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Grief and Loss

People grieve differently, depending upon factors such as the circumstances of the loss, personality, faith, age, life experiences, etc. There are, however, common reactions and ways of getting through this intense, distressing, but very human time in one's life. This fact sheet reviews this "natural grief process."

The grieving process includes a wide range of emotional and physical reactions.

GRIEF REACTIONS AFTER A SIGNIFICANT LOSS

("Significant" varies from person to person. Source: www.acu.edu.)

- ◆ Denial, Shock, Numbness
- ◆ Emotional Release
- ◆ Panic
- ◆ Remorse or Guilt
- ◆ Anger
- ◆ A Need to Talk Repeatedly About the Loss
- ◆ Physical Ailments
- ◆ Depression



SUGGESTIONS FOR RECOVERING FROM GRIEF

(Source: "Working Through Grief", 2005 Edition, Channing Bete Company, Inc. pgs. 4-20)

- ◆ Let yourself grieve in a manner that feels natural to YOU.
- ◆ Express your feelings and thoughts. Talk it out. Cry. Write it down.
- ◆ Consider joining support groups when you are ready.
- ◆ Look to your faith.
- ◆ Take care of your health while grieving.
- ◆ Watch for signs of depression, such as ongoing helplessness, hopelessness, sleep and appetite disturbance, loss of interest and activities, and thoughts about your own death.
- ◆ Avoid making major decisions or changes in your bereavement.



Most of all...



BE ENCOURAGED THAT YOU WILL RECOVER!



WAYS TO HELP A BEREAVED PERSON

- Talk openly and honestly about the situation unless the person does not want to.
- Use an appropriate, caring conversational tone of voice. Show that you care.
- Listen attentively and show interest in what the grieving person has to say about his/her feelings and beliefs.
- Share your feelings and talk about any similar experience you may have had.
- Avoid using the phrase, "I know just how you feel."
- If symptoms of depression are present, and the grieving person is not coping with day-to-day activities, refer him/her to the Student Counseling Center.