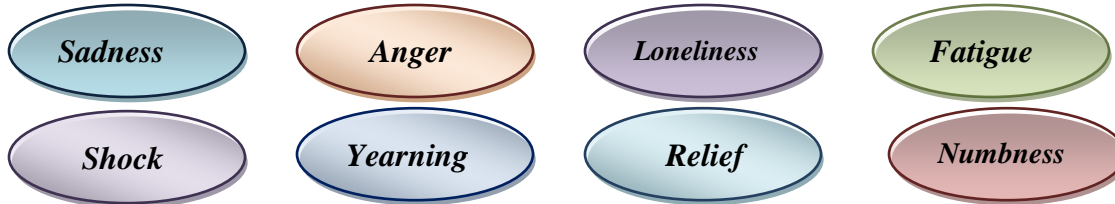


Grief & Bereavement

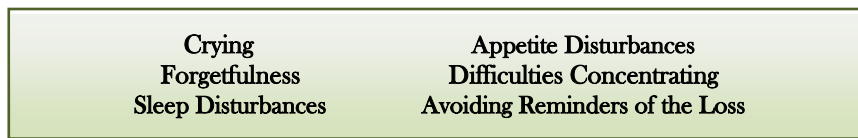
Major losses have profound psychological effects because they may leave an individual vulnerable to depression, anxiety and feelings of helplessness.

What is Grief?

According to Worden (2002), Grief encompasses the wide range of feelings and behaviors that are common after a loss. Some of these feelings may include:



Worden (2002) lists behaviors that are commonly experienced by persons who have suffered a loss. These include:



The grief experience includes **Physical, Behavioral, Cognitive, Emotional and Spiritual** changes. Responses are individual and unique. Current loss may reactivate previous losses and may deepen the grief experience.

The grief response may depend on:

- ◆ How the person died
- ◆ Your relationship with the person
- ◆ Your personality and coping style
- ◆ Your life experience
- ◆ Support from others

It is natural for individuals to experience a wide range of emotions and reactions in the grieving process. If the individual displays any of the following symptoms, it would be a good idea for them to be evaluated by a mental health professional.

Danger Signs of Emotionally Distressed Student:

- ◆ Isolation/ Withdrawal from family/friends
- ◆ Depressed mood lasting for several days
- ◆ Panic, anxiety, or excessive worry
- ◆ Extreme mood swings
- ◆ Agitation and irritability
- ◆ Apathy or emotional numbness
- ◆ Excessive use of alcohol and/or other drugs
- ◆ Changes in sleep, appetite, weight
- ◆ Chronic fatigue and exhaustion
- ◆ Disheveled appearance, poor hygiene
- ◆ Sudden loss of interest and motivation
- ◆ Decline in academic performance
- ◆ Bizarre thinking and/or behavior
- ◆ Reckless, impulsive or dangerous behavior

You can begin the journey to heal by seeking support from:

"Grief is like rope burns to the heart when that which you have loved has been pulled out of your grasp, beyond your reach." ~Stephen Levine

- ◆ Family
- ◆ Friends
- ◆ Spiritual Community
- ◆ Support Groups
- ◆ Therapists, Counselors and other Mental Health Professionals

A great place to begin finding resources is the Student Counseling Center, ext. 4239.

We're located next to Campus Safety. Call for an appointment or just walk in.

**COUNSELING IS
CONFIDENTIAL & FREE!**