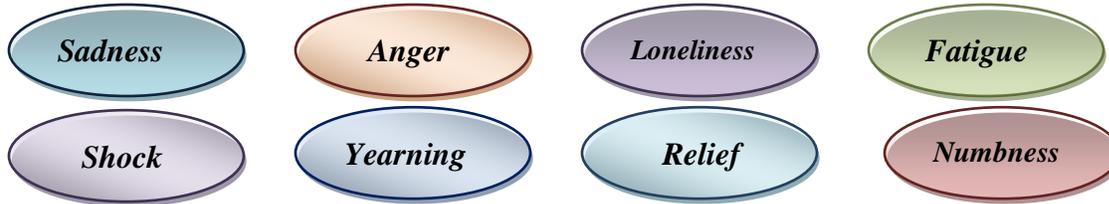


Grief & Bereavement

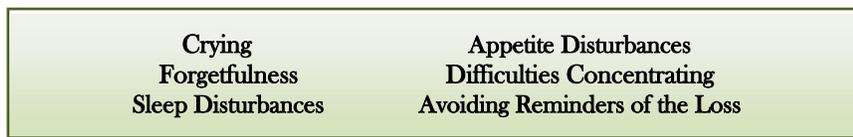
Major losses have profound psychological effects because they may leave an individual vulnerable to depression, anxiety and feelings of helplessness.

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:

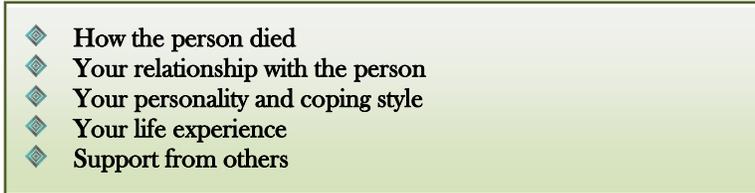


Worden (2002) lists behaviors that are commonly experienced by persons who have suffered a loss. These include:



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:



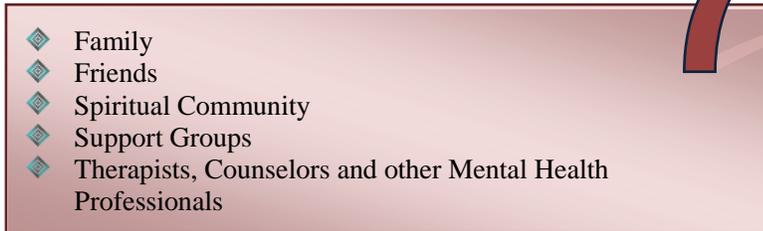
It is natural for individuals to experience a wide range of emotions and reactions in the grieving process. If the individual displays any of the following symptoms, it would be a good idea for them to be evaluated by a mental health professional.

Danger Signs of Emotionally Distressed Student:

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



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!