

Help is Available

Grief is a process that impacts each person in a unique way. There is no one way to experience grief, no linear pattern of recovery. Each journey is different. MU Counseling Center is available to help you cope and recover from your grief.

You may need help if it's been weeks or months and you are not able to talk about your loss without feeling intense emotions and grief.

You may need help if you have experienced previous multiple losses that have not been resolved.

You may need help if you experience physical symptoms of grief for months and they simply are not getting better.

You may need help if your grief has turned into depression.

GRIEF & LOSS GROUP

During the academic year
contact our Groups Coordinator at
573-882-6601

GRIEF & LOSS WORKSHOP

The first Wednesday monthly
3:30-4:30pm in Memorial Union
Check our website for exact location
counseling.missouri.edu



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Columbia, MO 65211-2340
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Coping with Grief & Loss

Recovery is Possible

Grief is Universal

Grief is a universal and normal reaction to loss. It varies in expression, is powerful, takes energy, and can be emotional, physical, behavioral, and spiritual.

Grief can arise from tangible and intangible losses. It may be caused by death, divorce, moves, transitions, relationships, health, status, identity, lifestyle, dreams, and ideas.



COMMON REACTIONS TO GRIEF:

FEELINGS: Sadness, anger, guilt, self reproach, anxiety, loneliness, fatigue, helplessness, shock, yearning, emancipation, relief, numbness

COGNITIONS: disbelief, confusion, preoccupation, sense of presence, hallucinations

BEHAVIORS: sleep disturbance, appetite change, absent mindedness, social withdrawal, avoidance of reminders, searching and calling out, sighing, restlessness, crying, treasuring objects

PHYSICAL: hollow stomach, tight chest or throat, noise sensitivity, sense of depersonalization, lack of energy, shortness of breath, muscle weakness

Grief Counseling and Grief Therapy. William Worden, 2009



Grief doesn't go away when you ignore it. Those emotions will work their way out. Just like sweeping an object under a rug, it can cause you to trip later. It is preferable to deal with emotions directly. This can be an uncomfortable process for some, but it does get better.

How to Help Yourself

Be Patient with Yourself

Recognize that your grief is unique.

It may not look or feel like anyone else's. A person experiencing 2-3 of the common reactions isn't necessarily grieving any less than someone who is experiencing them all. There isn't a formula you must follow. It is important to accept your own grief process.

Grief is likely to interfere with your daily routine. Feelings of grief may come in waves, when you least expect it. It may take you by surprise. It isn't constant. You may find yourself feeling numb alternating with intensely overwhelming feelings. Allow yourself to go with the flow.

Be Kind to Yourself

- Talk about your loss
- Share memories
- Maintain contact with others
- Ask for support when you need it
- Attend a support group
- Write a goodbye letter
- Create a play list on your ipod
- Reduce additional stress when possible
- Exercise
- Create a memorial with plants, artwork, quotes, personal items

