

Grief and Loss

Strategies for Coping with Grief

- Find support with friends and family, rather than in isolation
- Acknowledge and express your feelings, rather than suppressing them
- Try to maintain normalcy in your life as much as possible
- Allow yourself time and space to grieve
- Be kind to yourself. Don't set unrealistic expectations

Questions?

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It is normal to experience some form of loss during a lifetime. Loss is not limited to death but can also include such things as the loss of a job, a friendship, a partner, or diminished health. Everyone is equally vulnerable to loss. The reaction to loss is grief and it is difficult for us to deal with because no one likes to experience grief and deal with the negative emotions. However, grief is a normal process of life that is necessary for healing.

The following are the stages of grief. Everyone's experience of grief is different and therefore, not everyone will go through each stage of grief in the same manner.

Denial: This is when you have not accepted the loss

Anger: This is when you perceive loss to be unfair and question why it happened

Bargaining: This is when you try to bargain with some higher authority, hoping to exchange something of value for the reversal of the loss.

Depression: This is when you experience the loss emotionally, often leading to fluctuating moods and isolation.

Acceptance: This is when you try to accept the reality of the loss, which may not translate to happiness but will allow you to cope and recover.

Possible Ways of Experiencing Grief:

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- Sadness
 - Anger
 - Anxiety
 - Hopelessness
 - Loneliness
 - Shock
 - Withdrawal
 - Decreased concentration and motivation
 - Confusion
 - Changes in sleep/appetite
 - Fatigue and muscle pain