

Self-Help Resources for

GRIEF & LOSS

What is grief?

Grief is a natural response when we experience the loss of someone or something important to us. This can include the death of a loved one or pet, the end of an important relationship, loss of employment, or the loss of feeling safe after a traumatic event. Every person's experience of grief is different, and there is no "right way" or linear path to grieving a loss.

Things you might experience

Emotional reactions:

- Intense sadness, anger, loneliness, shock, guilt, fear, relief, calm, hopelessness, longing
- Mood swings
- Numbness, anxiety, or depression

Physical reactions:

- Fatigue, weakness
- Changes in appetite or sleep patterns
- Tightness or heaviness in chest, crying, headaches

Cognitive reactions:

- Difficulty concentrating or making decisions
- Short-term memory loss
- Confusion
- Suicidal thoughts
- Disbelief

This handout includes information from TherapistAid.

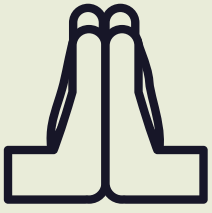


Helpful Tips



Acknowledge your feelings

Try not to avoid the feelings associated with your loss, this can prolong the process.



Express yourself

Talk to someone supportive, write in a journal, or engage in a creative activity.



Take care of yourself

Make sure you are getting enough sleep, exercising, and eating well. Avoid using substances to cope.



Be patient with yourself

It can take months or even years to process grief and accept how your life has changed after loss.

Resources

Check out our full resource list via QR code!



Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu

(828)262-3180 | counseling@appstate.edu |

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