

*My* CWC | SELF-HELP

# **Coping WITH LOSS**



Like waves on the ocean, grief cycles through surges of distress and times of gentle motion.

**Understanding  
the constructive  
process of grief...**

**UF CWC**

Counseling & Wellness Center

## It is important to accept yourself

Grief is a natural and universal experience. Each of us, however, experiences loss in ways which are characteristic to our upbringing and personalities.

## Your feelings are normal..

In time the memories of your loved one will remain, but the intensity of your strongest emotions is moderated. Think of your bereavement as a cycle in which periodically you are reminded of and feel the loss.  
**You may be physically fatigued.**

## Your daily routine may change

You may have difficulty with your usual sleep pattern.  
You may experience an inability to concentrate for long periods.  
You may lose some of your normal appetite.  
You may also find that your interest in study, work and social activities diminishes somewhat.

## Be kind to yourself

Try to establish reasonable expectations about your ability and energy for they may change every day.  
Guard against taking on new projects too soon.

## Create ways to remembering

Journal writing, meditation, prayer, rituals, walking, or music.  
Visiting places formerly shared with your loved one.

## Envision a hopeful future

Imagine a future for yourself. Think of ways you wish to contribute to others. Remind yourself of goals you have set for yourself. Try to remain physically active and sensitive to the beauty of life around you.

## Being helpful to another during a time of grief

- *Communicate your concern for the other person*
- *Initiate conversation; don't wait for the perfect time*
- *Be available. On a routine basis make contact. Listen and be willing to talk about the loss*
- *Avoid making judgments. Everyone has different ways of experiencing and expressing their grief*
- *Avoid Platitudes. Acknowledge the difficulties in having easy answers to the hard questions about life and death*
- *Remember the importance of special events. The timing of anniversaries, celebrations, and activities in which the loved one formerly participated can be particularly challenging and meaningful*
- *Reaffirm the grieving person's role in your life*
- *Remind them of their value and the meaning to their life*
- *Be sensitive to the cyclic nature of the grief process*
- *Help the person develop balance in their life. Invite the person to outings and activities which help promote a healthy balance among study, work, leisure, and rest*