

COPING WITH GRIEF & LOSS

“You have to keep moving. You have to keep going. Put one foot in front of the other, smile and just keep on rolling.”—KOBE BRYANT

There are no words that can fill the void created when tragedy strikes & someone dies. The grieving process may include a range of emotions from anger & sadness to feelings of gratitude when reflecting on memories & happier times. These situations may also cause us to reflect on our own lives or think about losses we’ve experienced in the past. The grieving process looks different for everyone. What’s important is for you to take care of yourself & below are some tips that may be helpful.

- 1 Surround yourself with a circle of support.** Your support system can be immensely helpful during this time. Talk to people that you know and trust. Sharing your feelings, your memories and connecting with others can help in processing the grief and moving forward.
- 2 Honor your feelings.** Give yourself permission to feel and express your feelings. Writing about your feelings (keeping a notebook), praying, taking a walk, or expressing yourself creatively (e.g., painting, music, etc.) can help in managing feelings of discomfort.
- 3 Accept that “Why?” may be an unanswered question.** It’s natural to ask the question “why?”. This is especially true when someone dies unexpectedly but, death is a part of life. A major part of healing is learning to accept the death in the absence of understanding “why” it happened.
- 4 Disconnect from social media and the news.** Constantly & repetitively consuming information about the loss can be overwhelming. Taking a break from social media allows you time to process your emotions without the additional weight of processing others’ reactions or being impacted by inaccurate information.
- 5 Take care of your physical health.** Eating and sleeping both are essential to your physical and emotional well-being and your ability to function while grieving. Maintaining your daily routine, to the extent possible, can help in re-establishing a sense of normalcy as you move through this process.
- 6 Do something to honor the memory.** Think of a way to honor the memory of the person who died. This is how you keep their legacy going and carry them with you, by holding on to the good memories and sharing the positive impact they had on your life.
- 7 Seek additional help if needed.** Some disruption to “normal” functioning may be a part of your grief process. However, if you experience symptoms that significantly disrupt your daily functioning such as: thoughts of harming self or others, severe sleep or appetite disturbances, or an inability to manage your emotions, additional support may be needed. Help is available - contact your local or community resources, [text TEAM](#) to [741741](#) for 24/7 support from a trained Crisis Counselor, or reach out to the National Suicide Prevention Line: [\(800\) 273- TALK \(8255\)](#).