



UNIVERSITY OF RHODE ISLAND COUNSELING CENTER

Coping with Grief and Loss

SEEK SUPPORT: It's very important to reach out to people in your life who are good listeners, so you can turn to someone when you need extra support. You may find it helpful to talk to a friend, family member, mental health professional, or spiritual advisor.

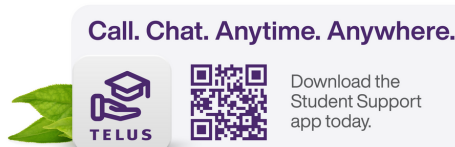


BE PATIENT WITH YOURSELF AND OTHERS: People have different ways of grieving. Take time to heal, and check in on others in your life. Set limits for yourself, and give yourself permission to say "no" to things that may come your way if you're not ready.

TAKE CARE OF YOURSELF: Eat as well as you can, exercise when you can, and avoid alcohol and other drugs that will make it harder for you to work through your feelings. Acknowledge your feelings and honor them by expressing yourself.



URI Counseling Center
217 Roosevelt Hall
401-874-2248



Adapted from the University of Texas at Austin
Counseling and Mental Health Center



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Supporting Each Other Through Grief and Loss

THERE WILL BE GOOD DAYS AND BAD DAYS:
Grief can feel like ocean waves, full of intense moments that hit you all at once, then recede. Prepare to support one another through these unpredictable moments.

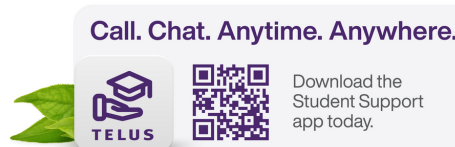


ENCOURAGE EACH OTHER TO STICK TO ROUTINES: It's important to reestablish routine as soon as you can. Building in some structure can help you manage your grief and provide a sense of normalcy and hope.

THERE IS NO RIGHT OR WRONG WAY TO GRIEVE: But there are some healthy and unhealthy coping strategies. Reach out and seek professional support if the intensity of your grief does not ease in time.



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