

Coping with grief

What is grief:

Grief is the natural emotional response resulting from a significant loss – especially the death of a loved one. Grief can affect your actions, emotions, thoughts, body, and spirituality.

How do people grieve:

There is no right or wrong way to grieve (as long as you do not hurt yourself or others). Everyone deals with grief differently. People cry, laugh, busy themselves, throw up, or even feel numb. Some recover quickly, while others take their time. Grief is a healing process. The way you grieve will be influenced by things, such as who/what you have lost, how a death occurred, your personality, culture, age, gender, and other stressors in your life.



Self-Care strategies to cope with grief:

Physical	Mental	Emotional	Spiritual	Social
<ul style="list-style-type: none"> · Eat regular meals · Eat as healthy as possible · Exercise 5x/wk · Sleep 7-9 hrs · Schedule health care appointments 	<ul style="list-style-type: none"> · Develop or maintain a hobby; learn a new skill · Keep a journal · Practice supportive self-talk; speak kindly to yourself and be patient with yourself · Take a break 	<ul style="list-style-type: none"> · Make space for and accept your emotions · Engage in activities that decrease stress · Find soothing activities (e.g., listen to calming music; go for a walk; visualize your “happy place”) 	<ul style="list-style-type: none"> · Make time for prayer/ meditation/ reflection · Seek a spiritual community · Be in nature · Cherish optimism and hope · Use ritual to celebrate milestones or honor loved ones 	<ul style="list-style-type: none"> · Connect with family and friends regularly · Make plans to spend time with/speak to loved ones · Reduce time spent with unsupportive or harmful people · Set boundaries · Ask for help

Resources:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- New Haven Emergency Mobile Crisis Services: Dial 211
- Crisis Text line: text TALK to 741741
- Reach Out Connecticut: 1-844-TALK-4-CT (M-Th 8:30am-7pm; Fri 8:30am-6pm)