

Healing After Loss

The immediate hours and days following a loss can be a blur: time feels like it passes too quickly or too slowly, experiences are unreal or foggy, and there may be a sense of restlessness or complete exhaustion.

The range of emotions experienced, as well as the intensity of these feelings, can seem overwhelming.

GRIEF REACTIONS

Physical

- restlessness
- decreased energy
- decreased motivation
- changes in attention and concentration
- changes in sleep schedule
- changes in appetite

Emotional

- sadness
- denial
- anger
- numbness
- irritability

WAYS TO COPE

- Stay connected
- Seek support
- Ask for help: this might include places of worship, faith based support, professional resources, or other culturally meaningful contacts for you
- Know there is no 'right' way to grieve
- Be patient and kind to yourself
- Practice healthy self-care by making sure to eat well, rest, and stay hydrated



WAYS TO SUPPORT FRIENDS AND LOVED ONES

- Ask: are you okay?
- Be present & spend time together
- Lend a hand
- Listen
- If you feel concerned your friend or loved one needs more help than you can provide, offer help finding community or professional resources



ADDITIONAL RESOURCES

- **HEALING GRIEF:** [HTTPS://HEALGRIEF.ORG/ACTIVELY-MOVING-FORWARD/TIPS-COLLEGE-STUDENTS/](https://HEALGRIEF.ORG/ACTIVELY-MOVING-FORWARD/TIPS-COLLEGE-STUDENTS/)
- **What's Your Grief:** [HTTPS://WHATSYOURGRIEF.COM/](https://WHATSYOURGRIEF.COM/)
- **Dougy Center:**
[HTTPS://WWW.DOUGY.ORG/GRIEFSUPPORT-RESOURCES/YOUNG-ADULTS](https://WWW.DOUGY.ORG/GRIEFSUPPORT-RESOURCES/YOUNG-ADULTS)
- **Eluna Grief Network:**
[HTTPS://ELUNANETWORK.ORG/RESOURCES](https://ELUNANETWORK.ORG/RESOURCES)

Type “Breathe” into the MyWidener search bar for
more campus resources:

<https://my.widener.edu/task/maincampus/breathe>