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 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

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
ADDITIONAL RESOURCES

- HEALING GRIEF: HTTPS://HEALGRIEF.ORG/ACTIVELY-MOVING-FORWARD/TIPS-COLLEGE-STUDENTS/

- What’s Your Grief: HTTPS://WHATSYOURGRIEF.COM/

- Dougy Center:
  HTTPS://WWW.DOUGY.ORG/GRIEF_SUPPORT-RESOURCES/YOUNG-ADULTS

- Eluna Grief Network:
  HTTPS://ELUNANETWORK.ORG/RESOURCES

Type “Breathe” into the MyWidener search bar for more campus resources:
https://my.widener.edu/task/maincampus/breathe