

Strategies for Managing Grief

Accept your grief

Expect physical and emotional consequences of the death of your loved one. Grief is the price we pay for love.

Accept your feelings

Don't mask your despair. Cry when you have to and laugh when you can. Crying goes naturally with grief. Tears well up and fall even when you least expect them. A rule of thumb is this: if you feel like crying, then cry. If not, then don't. Sometimes something funny will happen, just like it used to. When that happens, go ahead and laugh. It's okay.

Be patient with yourself

Your mind, body, and soul need time and energy to mend.

Monitor your health

Eat as well as you can, for your body needs nourishment after the physically grueling experience of grief. Depression can also be lightened by biochemical changes through proper exercise. Put balance back into your life through school, work, and relaxation.

Avoid the abuse of alcohol and/or drugs

Drugs and alcohol can sedate for the moment but ultimately can leave the nervous system in shreds. Drugs and alcohol alter the normal process of grief work, conceal legitimate emotions and create destructive problems.

Share your pain with a friend or friends

Don't withdraw from others. By your silence, you deny them the opportunity to share your inner self.

Join a group of others who are grieving

Learning about the experiences of others can offer invaluable insights into your own feelings and provide support, encouragement, and friendship.

If you are religious, seek solace from your faith

Sorrow can be a spiritual pilgrimage. Religion is something you may wish to use and not lose during your bereavement, as it has a wisdom that has nourished the souls of humankind for untold generations. Just remember that grieving intensely is not an indication of a weak faith.

Help Others

By devoting energies to people and causes, you learn to relate to others better and face reality by living in the present.

Do what has to be done and maintain a normal routine

Begin with little accomplishments and move on to bigger tasks in time. Completing smaller tasks can help restore your confidence. When you're ready, move on to thinking about wrapping up the academic year and looking forward to graduation or summer plans.

Be kind to yourself...