



GRIEF & LOSS

**Grief is a natural response to loss.
This can include but is not limited to:**

- Divorce, breakup, or loss of a friendship
- Loss of job or financial stability
- Retirement
- Loss of health or safety after a trauma
- Death of a loved one or pet

Common Symptoms of Grief:

- Shock and disbelief
- Sadness
- Guilt
- Anger
- Fear
- Physical symptoms such as fatigue, nausea, weight loss or gain, insomnia, aches/pain.

Coping with Grief Tips:

- Get support: Turn to family and friends to lean on, draw comfort from your faith, join a support group or talk to a therapist or grief counselor.
- Take care of yourself: Face your feelings, express feelings in tangible or creative way, look after your physical health, don't let you or anyone else tell you how to feel and plan for grief "triggers".

When to Seek Professional Help:

- Feel like life isn't worth living
- Wish you had died instead
- Blame yourself for the loss
- Feel numb and disconnected for weeks
- Difficulty trusting others since loss
- Unable to perform normal activities

FOR MORE INFORMATION OR TO SEEK PROFESSIONAL HELP, VISIT:

<http://www.helpguide.org/articles/grief-loss/coping-with-grief-and-loss.htm>

<http://www.mentalhealthamerica.net/conditions/coping-loss-bereavement-and-grief>

