ALL PEOPLE EXPERIENCE GRIEF DIFFERENTLY, BUT SOME OF THE TYPICAL FEELINGS INCLUDE:

- **Denial and Shock**
  - Death can be difficult to accept. You may refuse to believe it and don’t want to discuss it with anyone.

- **Anger**
  - Some people may bargain spiritually, offering to trade a possession or part of their life to bring a loved one back.

- **Bargaining**
  - Some people believe guilt for surviving, for moving on, or for making new connections and memories after a loss.

- **Depression**
  - Loss can lead to mood fluctuations, sadness, despair, and difficulty functioning as usual.

- **Disinhibition**
  - The death of someone close can leave you feeling lonely and going through the routine of your daily life.

- **Acceptance**
  - Eventually, the reality of loss leads to acceptance, slowly reconnecting, creating new goals and resuming your routine, helping you come to terms with the loss.

- **Hope**
  - With time, support, and resilience, most people reach a stage where they can balance painful memories of their loss with hope and anticipation for the future.

HELPING YOURSELF GET THROUGH THE GRIEF PROCESS

- **Prayer, memorial services, family traditions, speaking with respected community leaders and other cultural rituals can help you acknowledge, express, and cope with grief and loss.** You may find comfort in sharing your sorrow and feel less alone while receiving others’ comfort and support.

- **Participating in these rituals can help you find meaning in life and death and accept your loss.**

- **Utilizing Support Systems**
  - Sharing your loss with family and friends may bring a new sense of connection and gradual diminishing of the pain.Talking, sharing, crying, and remembering are all important ways of recovering from grief.

- **Sticking to a Routine**
  - Maintaining a schedule even when you do not feel like it can provide necessary structure and normalcy as you process your grief.

- **Expressing Your Feelings**
  - Talking about your feelings can be extremely powerful. Writing, music, and art may also help you express yourself and heal.

- **Remembering and Honoring Your Loved One**
  - Commemorating birthdays or anniversaries are important ways to honor and remain connected with those you loved and lost. Rituals can create togetherness in a group with shared pain and memories.

Three questions could help you consider whether to seek professional help.

- **How often do you feel down?** Whenever you think you’re too sad? On and off? Every day?
- **How long have you felt this way?** Days? Weeks? Months? Years?
- **How bad does it get?** Are your feelings fleeting? Do you have trouble getting through each day?

INDICATORS THAT YOU MAY WANT TO SEEK PROFESSIONAL HELP:

- You are struggling to deal with recurring or new depressive symptoms.
- Your symptoms increased in frequency, severity, or persistence.
- Friends, family, roommates or professors have shared concern about your well-being.

For additional information, please visit the CAPS website at https://www.caps.upenn.edu or call 215-898-7021.