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 won’t want to discuss it.

- **Anger**: Sometimes grief is mixed with rage. You may feel angry at the unfairness of life or even at the person who died.

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

- **Guilt**: Sometimes people feel guilty for surviving, for making 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.

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

- **Acceptance**: Eventually, the reality of loss leads to acceptance. Grieving and surrounding ceremonies, creating goals, and focusing your routine will help you come to terms with the loss.

- **Empathy and honoring your loved one**: Commemorating birthdays or anniversaries are an important way to honor and remain connected with those they loved and lost. Rituals can create togetherness in a group with shared pain and memories.

- **Helping Yourself Get Through the Grief Process**

  - Participating in social/cultural rituals
  - Preparing, 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 don’t 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.

- **Help with Time, Support, and Resilience**: Many people reach a stage where they can balance painful memories of their loss with hope and anticipation for the future.

- **What Not to Do**

  - **Don’t make huge life changes impulsively**
  - **Don’t numb yourself with alcohol or drugs**
  - **Don’t isolate yourself from others**
  - **Don’t expect difficult feelings to disappear quickly**
  - **Don’t be hard on yourself. We all cope in different ways**

- **How Counseling Can Help**

  - **Coping with grief & loss**
  - **Counseling and Psychological Services**
    - University of Pennsylvania
    - 215-898-7021
    - (including nights/weekends) to reach CAPS counselor on call
    - 3624 Market Street, First Floor West
    - Philadelphia, PA 19104
    - www.vpul.upenn.edu/caps

  - **Penn Resources**
    - **CAPS** (including nights/weekends to reach CAPS counselor on call)
      - 215-898-7021
    - **Office of the Chaplain**
      - 215-898-8456
    - **Help Line**
      - 215-898-HELP (4357)
    - **RAP Line**
      - (Reach A Peer, 9 PM - 1AM)
      - 215-573-2909 (7277)
    - **Special Services**
      - 215-898-6600
    - **Student Health Service**
      - 215-746-5355
    - **Office of the Vice Provost for University Life/Student Interventions Services**
      - 215-898-6401
    - **Weingarten Learning Resources Center**
      - 215-573-9235

- **Grief can disrupt your daily life, causing problems with sleep, appetite, motivation or concentration. You may be dependent and have no interest in work or socializing.**

  Counseling can help you make sense of thoughts and reactions to grief and develop a coping strategy. Some worry that sharing these thoughts may be a burden on friends and family. It is, or may be easier to share feelings of anger, guilt, and sadness with a professional. Grief is difficult to process, but it can be overcome.

People experiencing loss can sometimes feel such despair that they contemplate suicide. If you have any such thoughts, please contact a mental health professional, such as CAPS (215-898-7021).