

# Grief & Loss

## Understanding Grief and Loss

Grief is a normal and natural reaction to loss. College students can experience many losses, from the death of a loved one to the loss of a significant relationship. Other losses can occur as students experience change.

## Symptoms of Grief and Loss

- Denial, shock, numbness
- Emotional release, such as crying
- Feelings of loneliness, isolation, or Hopelessness
- Panic, feeling overwhelmed, confused and fearful
- Remorse and regret
- Anger
- Physical ailments such as headaches, colds, nausea, and hypertension often increase

## Helping Others with Grief and Loss

Individuals who are grieving can benefit from the support of others.

## Tips for Helping Others

- Take some kind of action - a phone call, a card, a hug, attend the funeral - offer specific help.
- Be available - allow the grieving person time to talk without being judgmental.
- Be a good listener - avoid telling them what to do or feel or using clichés such as "You have to move on," "it's really the best thing."
- Be patient - grievors have to talk to heal and many times, it is easy to be impatient.
- Encourage them to take care of themselves.
- Accept your own limitations - some situations are hard to handle and may require professional assistance.

If you or someone you know is experiencing grief or loss and need professional assistance, you may call the UM Counseling & Career Center at [665.6262](tel:665.6262)

*Adapted from information provided by the  
The University of Alabama Counseling Center*

## UM COUNSELING & CAREER CENTER

Providing free and confidential **PERSONAL** and **CAREER** counseling services to UM Students.

Call [665.6262](tel:665.6262) or stop by the lower level of Main Hall



[www.montevallo.edu/counselingcenter](http://www.montevallo.edu/counselingcenter)