

Coping with Grief and Loss

- Expressing your thoughts and feelings through writing and art as well as talking— especially if you do not know exactly what you are feeling.
- Recognizing that you may not do as well as usual in your courses and talking to your professors and Dean of Students about postponing exams and papers if necessary.
- Speaking with a mental health professional, especially if:
 - your sadness affects you so much that you begin to think about hurting yourself or others;
 - your weight has fluctuated more than 10 lbs. in a month; or,
 - you are experiencing any other symptoms that are worrisome to you.
- In general, seeking the support of others is helpful if they understand the grieving process. To express grief is not weak; to go on with your life does not mean you care about the person any less; you do not need to feel alone in your grief.