

## How to Cope with Grief and Loss

### Do You Know...

- Grief is like riding waves. One tends to bounce between the stress mode (e.g., wallowing) and the growth mode (e.g., undertaking a task their loved one left) during the grieving process. This oscillation tends to decrease and diminish over time.
- People take different paces to grieve – There are no right or wrong ways to grieve or predictable timelines in the grieving process.
- Grief looks different across cultures and communities. Access to community support is an essential facilitator to long-term healing.

### A Toolkit to Help You Cope with Emotions Accompanied with Grief

<b>SELF-CHECK:</b> Ask yourself... How strong is my emotion at this moment, from 1 to 10?			
<b>ACCEPT</b> Emotions with Four Steps	<b>SOOTH</b> Emotions with Five Senses	<b>PROCESS</b> Emotions with Journaling	<b>HEAL</b> Emotions with commemorative activities
<b>Observe:</b> Bring awareness to the feelings in your body. <b>Breathe:</b> Take a few deep breaths. <b>Expand:</b> Make room for these feelings. <b>Allow:</b> Allow them to be there. Make peace with them.	<b>Vision:</b> Look at nature around you. <b>Hearing:</b> Hum a soothing tune. <b>Smell:</b> Open the window and smell the air. <b>Taste:</b> Eat some of your favorite foods. <b>Touch:</b> Take a long hot bath or shower.	Today, I’m having a hard time with...  One thing I want to remember about them is...  I need more/less of...  If I could forgive them/myself for something, it would be...	<b>Memory Box:</b> Pick a box of your choice and decorate it as you wish. Place any objects connected to your loved one factually or symbolically into the box.  <b>Grief Playlist:</b> Your loved one’s favorite songs. Songs you shared with them. Songs that bring a memory. Songs of comfort.

### Tools to Help Community Healing

When you want to support a loved one or community member with their grieving...	
Do	Don't
<p><b>Be compassionate and acknowledge their feelings.</b></p> <p>Ask <b>open-ended questions:</b></p> <ul style="list-style-type: none"> <li>• What has this has been like for you?</li> <li>• What do you miss the most about your loved ones?</li> </ul> <p>Be <b>culturally sensitive:</b></p> <ul style="list-style-type: none"> <li>• Can you help me understand how I can best be of help to you and your family?</li> </ul>	<p><b>Make assumptions</b> about or <b>judge</b> their feelings or actions. Tell them how to feel. <b>Push them</b> to focus on the positives.</p> <ul style="list-style-type: none"> <li>• Avoid saying, “At least they’re not in pain anymore.”</li> </ul> <p><b>Avoid the topic</b> due to your own discomfort when they want to talk about their grief.</p>

### Resources for Additional Support

<b>988 Suicide &amp; Crisis Lifeline</b>	Call/Text: <b>988, Available 24/7</b>	
<b>UI Support &amp; Crisis Line</b>	Call/Text: <b>844-461-5420 Available 24/7</b>	More Information: 
<b>University Counseling Service</b>	Call: <b>319-335-7294</b> 8 am – 5 pm, Mon - Fri Follow us on IG/FB: <b>@uiowaucs</b>	More Information: 