

## **SUBJECT: Coping with Grief & Loss, helpful resources**

We are writing to you at a time when we understand that words can offer little solace. The discomfort you are experiencing right now has got to be hard, and we want you to know you are not alone. We are here for you, ready to offer any support we can during this difficult time.

- 1. Allow Yourself to Grieve:** Give yourself permission to experience and express your emotions, whether it's sadness, anger, guilt, or confusion. Suppressing your feelings may prolong the healing process. Here is a link to the [stages of grief](#) you might find helpful.
- 2. Seek Support:** Reach out to friends, family, or a [support group](#) to share your feelings and experiences. Talking to others who have gone through similar situations can provide comfort and reassurance that you're not alone. Talking about your feelings, with providers from [Talkspace](#), can provide valuable perspective and emotional support. Use your UKY email and sign up for free.
- 3. Take Care of Your Physical Health:** Focus on maintaining a balanced diet, getting regular [exercise](#), and ensuring you get enough sleep. Physical well-being can positively impact your emotional mental state.
- 4. Practice Self-Compassion:** Be gentle with yourself and avoid self-criticism. Understand that grieving takes time, and it's essential to treat yourself with kindness and understanding during this difficult period.
- 5. Engage in Relaxation Techniques:** Incorporate relaxation techniques such as [meditation](#), [deep breathing](#), or KORU [mindfulness](#) to help calm your mind and feelings of anxiety.
- 6. Create a Supportive Environment:** Surround yourself with people who provide comfort and understanding. Spend time with those who make you feel safe and supportive, and limit interactions with individuals who may not be able to empathize with your situation.
- 7. Maintain a Routine:** Establishing a daily routine can provide a sense of structure and stability, which can be comforting during a time of emotional upheaval.
- 8. Explore Creative Outlets:** Engage in activities such as [writing](#), [painting](#), or [reading](#) about loss, or playing music that can help you express and process your emotions in a creative and cathartic way.
- 9. Set Realistic Expectations:** Recognize that the grieving process is unique for each individual, and there is no set timeline for healing. Set realistic expectations for yourself and allow yourself to take the time you need to grieve and heal.
- 10. Journaling:** Writing down your thoughts and feelings can be incredibly therapeutic. Journaling allows you to process your emotions, gain insight into your triggers, and track your progress over time. Try dedicating a few minutes each day to jot down your thoughts.
  - Here are some samples to get you started: [Gratitude Journaling](#) or [Journaling to Cope with Anxiety](#).
- 11. Progressive Muscle Relaxation:** Tense and release each muscle group in your body to [alleviate physical tension and stress](#). Starting from your toes and working your way up to your head, this technique promotes relaxation and a sense of calm.
- 12. Guided Imagery:** Using [mindfulness](#) to cope with and manage feelings of grief and sadness can be very helpful. If you've recently lost someone or something, this meditative session might bring you a bit of peace.
- 13. Limiting Caffeine and Sugar:** Be mindful of your diet. Excessive caffeine and sugar intake can exacerbate anxiety symptoms. Consider reducing your consumption and opting for healthier alternatives.

**14. Mobile Apps and Technology:** There are numerous apps and digital tools designed to help manage anxiety. These apps offer guided meditation sessions, relaxation exercises, and mood tracking, making it easier than ever to incorporate anxiety reduction into your daily routine. Remember, managing anxiety is a journey, and it's okay to seek help along the way. You have the strength to overcome anxiety, and these techniques are just the beginning. Explore what works best for you, and don't be discouraged if progress feels slow at times. [WellTrack](#), or [Stressbusters](#), or [Headspace](#).

**15. Seek Professional Help if Needed:** If you find it difficult to cope with your grief or if it significantly impacts your daily life even after some time has passed, consider seeking support from a mental health professional or therapist specializing in grief counseling.

Remember that healing is a gradual process, and there is no right or wrong way to navigate through this journey of grief. It is important to give yourself the time and space to mourn, to reflect, and to come to terms with the loss in your own way. Profound emotional reactions may occur. These reactions can include anxiety attacks, chronic fatigue, depression and thoughts of suicide. An obsession with the deceased is also a common reaction to death. Surround yourself with those who love and care for you, and don't hesitate to lean on them for comfort and support.

While the pain may seem insurmountable now, know that with time, it will become more bearable. Allow yourself to find moments of peace amidst the storm and know that it's okay to seek professional help if you feel overwhelmed or unable to cope.

Incorporate these strategies into your daily routine, and you'll be on your way to a calmer, more resilient you. If you'd like more information or resources on grief and loss, please feel free to reach out to us anytime via email, phone call, drop by or fill out this "Get Help" [referral form](#).

You've got this, and we're here to support you every step of the way.

*Warm regards,*

**[TRACS Staff](#)**

**Stop by!**

Located in the Gatton Student Center, East Wing, 3rd floor,  
to make an appointment. We are here to help!

[Directions to TRACS - GSC.pdf](#)