

# TIPS TO COPE WITH GRIEF AND LOSS

- Reach out to your social support network; this can include friends, family, partner(s), religious figures, and other social support systems. You don't have to carry the grief alone, connecting with others can lighten the weight of your grief.
- Suppressing or pushing down the feelings that are showing up for you can make the grieving process more difficult. It is okay to express those emotions in a way that feels comfortable to you.
- If your grief is in response to losing a loved one, reflecting on your positive memories together may help you find meaning and hope, and honor their life and legacy.
- Routines are helpful when some aspects of your life feel out of control. We don't have much control over grief; focus on what is in your circle of control. It is important to remind yourself to practice self-care and engage in your typical daily activities as much as you can.
- Try to engage in regular, healthy, eating, take self-care breaks, engage in physical activity including exercise, and try to get at least 7 hours of sleep.
- Notice when you engage in maladaptive or unhealthy methods of coping. This can include but is not limited to substance use, social isolation, self-harm, and excessive use of any type of behavior.
- Remind yourself that grief looks different for everyone; it is okay to grieve in your own way.
- If you lost a loved one, and things feel unsaid, try writing a letter to them to express what you are holding on to. This may help you move towards finding closure.

If you are concerned about your ability to keep yourself or others safe or are currently experiencing significant emotional distress, we encourage you to contact CAPS at 703-993-2380 to speak with a crisis counselor and determine how best to support your needs.

For mental health crises when we are closed, please call CAPS at 703-993-2380 and select option 1, to connect with an after-hours crisis counselor.

You can call the CPS Emotional Support Line at 703-215-1868 between the hours of 8:30am-8:30pm to speak confidentially with a trained clinician.

## Resources

- National Suicide Prevention Lifeline: 800-273-8255
- Crisis Link (NOVA hotline): 703-527-4077
- CAPS: 703-993-2380
- Crisis Link Text: Text CONNECT to 85511
- TimelyCare: [timelycare.com/gmu](https://www.timelycare.com/gmu)