

GRIEF AND LOSS

WHAT IS GRIEF?

- At Furman, we know that everyone at some point will experience a loss: loss of a loved one, loss from divorce, loss of a job, loss from a move away from home, or loss of good health. It is important to know that grief is individually based and different for every person. There is no single way to grieve. There are no rules or a set timeline when a person will address your emotions. Avoiding the grief process only postpones the healing process. Patience is crucial for the process of grief.
- Throughout the healing process, there are emotional, physical and behavioral reactions associated with grief. All of these reactions listed below are normal. It is important to give yourself time and patience as these reactions can be triggered at any time:

Emotional	Physical	Behavioral
Depression	Fatigue	Withdrawal
Anxiety	Increased physical illness	Difficulty concentrating
Loneliness	Difficulty sleeping	Increase of substance use
Sadness	Loss of appetite	Loss of motivation
Anger		
Hopelessness		
Stress		

HOW IS GRIEF PROCESSED?

- Many people are aware of the five stages of grief (denial, anger, bargaining, depression, and acceptance). In the past, people believed that once a person completed these stages, they would “get over” the grief. Based on new research, we have learned that grief is a process. It is better, therefore, to think of grief as a journey that never ends but changes and diminishes with work over time. We at Furman encourage both an awareness of needs and an action oriented approach to healing.

BE AWARE

These are six needs of mourning*:

- 1) Accept the reality of death
- 2) Let yourself feel the pain of the loss
- 3) Remember the person who died
- 4) Develop a new self-identity
- 5) Search for meaning
- 6) Let others help you

ACTION ORIENTED HEALING

An action plan should include both ways to cope with the loss and its emotions as well care options through a support system. The following are starting points for your action plan.

SOME OF THE BEST WAYS TO COPE WITH GRIEF MIGHT INCLUDE:

- Allow yourself to grieve
- Express your emotions in your own way
- Be physically healthy
- Don't judge yourself or let others judge you for grieving
- Be patient, don't expect to just "get over it"
- Do something that connects you to who you are
- Reach out to support... you are not alone...

<https://healgrief.org/ideas-for-coping-with-grief/>

<https://healgrief.org/actively-moving-forward/tips-college-students/>

CARE OPTIONS

SELF-CARE OPTIONS:

- These are just a few options listed below, but it still matters to continue the healing process because only you know what is best for you.
- Keep in touch with friends and family.
- Give yourself permission to grieve and allow quiet time to be alone and reflect on your thoughts and feelings.
- Consider joining a grief group on campus for additional support.
- Consider getting in touch with the counseling services. The counseling center is open Monday-Friday from 8:30 am-5:00 pm and is closed Saturday-Sunday.

READINGS ON GRIEF AND LOSS:

- *We Get It: Voices of Grieving College Students and Young Adults*
 - By David C. Fajgenbaum and Heather L. Servaty-Seib
- *A Grace Disguised: How the Soul Grows Through Loss*
 - By Gerald Lawson Sittser
- *Gracefully Gone*
 - By Alicia Coppola, Matthew L. Coppola Sr.

GRIEF SUPPORT GROUP OPTION:

- *Coffee Talk - Life After Loss*

<http://www.furman.edu/sites/chaplaincy/Documents/CoffeeTalk.pdf>

INDIVIDUAL SUPPORT OPTIONS:

Reach out to family, friends, professors and RA's., as well as any of the departments below.

Department	Name	Location	Email	Phone Number
Chaplains Office	Dr. CroweTipton: Chaplain	Chapel	vaughn.crowetipton@furman.edu	864.294.2133
	Rev. Kate Taber: Assistant Chaplain	Chapel	kate.taber@furman.edu	864.294.2133
Student Life	Nicky Wallace	Trone Center	nicky.wallace@furman.edu	864.294.2072
	Sarah Tobin	Trone Center	sarah.tobin@furman.edu	864.294.2244
Counseling Center:	Tom Baez, Director	Counseling Center		864.294.3031
	Margaret Praytor, Associate Director	Counseling Center		864.294.3031
	Susan Clark	Counseling Center		864.294.3031
	Elaine Smith	Counseling Center		864.294.3031
	Amanda Parrott	Counseling Center		864.294.3031

WEB RESOURCE OPTIONS:

Association For Death Education and Counseling

- www.adec.org

Actively Moving Forward (AMF)- Connecting and Empowering Grieving College Students

- <https://healgrief.org/actively-moving-forward/action-steps-faculty-staff/>

Presentation about College Student Grief- Impact and Issues

- <https://vimeo.com/29399652>

Ideas For Coping With Grief

- <https://healgrief.org/ideas-for-coping-with-grief/>

Tips For College Students

- <https://healgrief.org/actively-moving-forward/tips-college-students/>
- <http://toodamnyoung.com/about/>
- <http://www.opentohope.com/>
- <https://slapd.com/>

BEST WAYS TO HELP A FRIEND COPE

DO'S AND DON'TS TO SAY:

Acknowledging your friend's loss can help them in their time of need. The support that is given from friends and family is critical for the grieving process*. Here are few examples of what to say and what not to say to a friend:

- Don't: "I know what you are going through."
- Do: "I don't know what you are going through, but I am here to listen."
- Don't: Avoid talking about the person who died, it can make your friend feel even more alone.
- Do: Mention the person by name who died and share memories that you had with that person.
- Don't: use clichés, this can minimize the loss and emotions of the grieving person feel such as:
 - "Everything happens for a reason"
 - "He/she is in a better place now."
 - "You have an angel in heaven."
 - "You need to move on."
- Do: say things that can provide comfort and acknowledge your friend's loss such as:
 - "I am here to listen if you want to talk"
 - "It is okay to cry, I may cry with you."

ANOTHER WAY TO PROVIDE SUPPORT:

Along with providing support with your words, you can provide support through a handwritten card. Furman supplies cards for this purpose that include a list of campus resources for help.

WHAT IS THE PURPOSE, WHY SHOULD I USE THEM?

Faculty, staff, and students should write a handwritten card to show support to anyone who has lost a loved one on campus. Research has shown that providing this kind of support helps the grieving process and is a way to help the grieving person know they are not alone.

WHERE CAN I GET A GRIEF SUPPORT CARD?

On the web page is a link to have cards in your campus mailbox within 24 hours funded by the chaplain's office. The chaplain's office will send the cards to your mailbox for you to pass on to anyone in need.

*From Eight Critical Questions for Mourners by Alan D. Wolfelt, PhD. Copyright 2010

*From Actively Moving Forward (AMF) connecting and empowering grieving college students. Copyright 2017.