

When Grieving....

- Whatever you are feeling is okay. All feelings are valid.
- Give yourself permission to cry. You do not have to appear strong.
- Elicit the support of others. Let others know what you are feeling and thinking, so that you are not alone with your grief and pain.
- Some people find comfort through spiritual supports and practices.
- Shock and disbelief are common.
- Some reactions or feelings might be delayed. The reality of the loss might impact you later.
- It is common to think about other losses. One loss might cause one to reflect on other losses.
- It is common to feel anger; it is okay to be angry.
- Take care of yourself. It is okay to not follow your regular schedule.

From the **Stone Center Counseling Service**

We are here, call us; ext. **2839** or you can just walk in.

After hours there is a counselor on call at ext. 2810.