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.

Stone Center Counseling Service
781-283-2839 (M–F, 8:30–4:30)
Emergencies 781-283-2839 (evening and weekends) or Campus Police 781-283-5555 (24 hours)
www.wellesley.edu/Counseling