

FACULTY AND STAFF ASSISTANCE PROGRAM

(305) 284-6604
WWW.MIAMI.EDU/FSAP

GRIEF

Losing someone you love or care for can be very painful – it is something that almost everyone will experience at some point in their lives. Grief that is expressed and experienced has a potential for healing.

Stages of Grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance



Mourning:

The mourning process usually has common ideals: acknowledging and accepting the death, saying farewell, grieving for a specific time period and some means for continuing to honor the deceased.

Normal Reactions Following Loss:

- Questioning why this had to happen
- Sadness and missing the person
- Need to talk about and remember the deceased
- Anger and increased irritability
- Guilt – a feeling of responsibility for actions taken or not taken, or a feeling that “I survived when someone else didn’t.”
- Confusion/feelings are all mixed up
- Shock, numbness, a belief that it didn’t really happen
- Feelings of loneliness; social withdrawal
- Sense of helplessness and lack of control
- Expectations that other bad things may happen, possibly one’s own death
- Difficulty concentrating and forgetfulness
- Questions about the meaning of life
- Concerns about the suffering of the deceased
- Renewed memories of other losses or pain
- Greater sensitivity and more emotional responses to everyday events
- Physical symptoms (e.g., headaches, upset stomach, etc.)
- Sleep difficulties
- Eating or digestion problems
- There is no right or wrong way to grieve

GRIEF- TIPS FOR SURVIVAL

- Recognize loss, numbness, try not to avoid it
- Be with the pain---you hurt, admit it. It proves you are alive & you can or are able to respond.
- You are not alone----Loss is a part of life.
- You will survive---believe that you will heal.
- Give yourself time—the greater the loss. The more time it will take.
- Healing has a progression and regression-dramatic leaps and progressive backsliding.
- Tomorrow will come—your life has been full of positive experiences and they will return.
- Take good care of yourself— Get plenty of rest, stick to a schedule, and plan your days. Activities give you a sense of order.
- Keep decision-making to a minimum—expect your judgment to be clouded for a while. Emotions cloud judgments.
- Seek comforting and support from others.
- Surround yourself with living things.
- Reaffirm your beliefs—search your faith, lean on it, let it grow.
- Weekends and holidays are the worst—schedule activities you specially enjoy
- Do your mourning now. Be with your pain. It will pass.
- Be gentle with yourself—you have suffered a disabling emotional wound.
- Treat yourself.
- Let yourself feel complete—allow a time of convalescence. Do not do things too quickly (i.e., marriage, divorce, etc.).
- Mementos- These are helpful, but do not let them bind you to the past. Remember, before you can say “Hello”, you must say “Goodbye”.
- Anticipate the positive outcome. Pain is acceptable, it tells us we are hurting, but it is not a long term thing.

If you find yourself struggling with symptoms of grief, we can help. Schedule a free and confidential appointment to meet with a UMFSAP consultant by calling 305-284-6604.