

Tips to Cope with Grief and Loss

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Below you can find some tips that can be helpful when coping with grief and loss:

- **Reach out to friends, family, and other social support systems.** Grief is universal and it is slightly easier when we connect and share it with others.
- **Resisting your feelings could make it more difficult** to cope with grieving, it is okay to express and share your feelings.
- **Reflect on positive thoughts and memories of someone you lost.** Positive reflections can allow you to focus on all aspects of grieving and help find meaning, sense of hope, and recovery.
- **Routine can help you to feel some sense of control and normalcy.** Remind yourself to focus on self-care and other daily activities. Engage in regular eating, at least 7 hours of sleep, self-care breaks, and physical activity including exercise.
- **Remember to notice if you engage in unhealthy ways to cope** such as use of alcohol and drugs, excessive use of social media, or withdrawing yourself socially.
- **Reassure yourself that it is okay to grieve in your own way.** You could pray and seek spiritual support if you would like, meditate if you meditate, journal, write a letter to someone you lost, or speak with a family member or a friend; these are just few examples.



Need more help? Reach out for professional help. Seeking mental health support could also assist you to process and seek meaningful perspectives about your grief and loss experience. You can reach out to CAPS to speak with a counselor by calling 434.243.5150 or Timely Care, a free health and mental health service provided to all UVA students, <https://app.timelycare.com/auth/login>. You will need to download the timely care app and create an account using your UVA email.