The Spring 2020 semester is quickly coming to an end, which brings a new chapter to our lives. Over the past couple of months, you may have lost things that are important to you.

### Different Types of Loss Include:

- **Tangible Loss** (unemployment or financial insecurity)
- **Loss of safety** (instability and unpredictability in daily routines)
- **Loss of freedom** (social distancing and modified independence)
- **Loss of trust** (uncertainty about systems including school, work, or health care)
- **Loss of experiences** (missed opportunities or hallmark events including UVA traditions, final exercises, and ceremonies)
- **Individual Loss** (illness or death of a family member or friend)
- **Loss of tradition** (inability to gather and collectively mourn a loved one or celebrate their life)

All of these losses, whether caused by an isolated incident or a culmination of loss and change can be marked by grief.

### Signs of Grief May Include:

- Frequently feeling on edge.
- Feeling angry at things you can’t control.
- Constantly thinking about the worst case scenario.
- Withdrawing from or avoiding others.
- Feeling exhausted.
- Experiencing difficulty with focusing

Fortunately, grief is transient, and people are resilient. You can help yourself grow through your grief by practicing the following:

- Name the source of your grief or the type of your loss, and acknowledge your discomfort without trying to make sense of it.
- Identify what you have lost along with what you have gained as a result of COVID-19. For example, you may have lost time spent with friends at UVA, but you may have gained an opportunity to reconnect with other friends and family.
- Increase your creativity and look for fulfillment in familiar people or resources.
- Recognize the fluid and messy stages of grief (denial, anger, bargaining, depression/sadness, and acceptance)
- Give friends, family, and peers the space to experience grief in their own way and at their own pace.
- Stay grounded in the present.

### Need More Help? Call CAPS

Call CAPS (434) 243-5150

CAPS remains available to all students for support, referral assistance, and crisis services. Additional Student Health resources include WahooWell Remote and UVA’s Collegiate Recovery Program.