Grief is a natural response to the loss of someone or something important to you. Everyone grieves in their own way, based on personal experiences and cultural perspectives. Grief is also a non-linear process. Therefore, people might need different kinds of support at different points in time. Trying to make sense of losses and fluctuating feelings (e.g. numbness, sadness, anger, guilt, shame, disbelief, or confusion) are common occurrence when working through the grief process.

Seek support from your community (e.g. friends, family, mentors, RAs, university staff, or faculty).
- The most effective means of coping with grief and loss is to talk about it with someone who cares. Spend time together and value your most meaningful relationships.

Maintain a routine.
- Attend class, go to work, and fulfill responsibilities as best as you are able. It is important to maintain normalcy when things feel abnormal.

Exercise.
- Go to the gym, take a walk or jog, go swimming, lift weights, practice yoga, etc. Both aerobic exercise and low-impact exercise can help you process stress.

Take breaks from thinking about your loss.
- The most effective means of coping with grief and loss is to talk about it with someone who cares. Spend time together and value your most meaningful relationships.

Tend to your inner self.
- Practice mindfulness, meditation, or prayer. If you seek comfort in the environment, then spend time outside alone or with others.

Express your feelings in a tangible or creative way.
- Write about your loss in a journal.
- Create a scrapbook or photo album celebrating the person’s life.
- Visit a memorial.
- Get involved in a cause or organization that was important to your lost loved one.
- Write a letter saying the things you would like to say to the person you lost.

Explore helpful resources.
- National Students of Ailing Mothers and Fathers Support Network provides support to grieving college students.
- Heal Grief.org provides resources for coping with the loss of a friend.
- Grieving Mindfully: A Compassionate & Spiritual Guide to Coping with Loss by Sameet M. Kumar
- How To Go On Living When Someone You Love Dies by Terese Rando
- Remembering with Love: Messages of Hope for the First Year of Grieving and Beyond by Elizabeth Levang
- When Bad Things Happen to Good People by Rabbi Harold S. Kushner
- How to Survive the Loss of a Loved One by Peter McWilliams, Harold Bloomfield, and Melba Colgrove
- Hospice of the Piedmont’s Center for Grief and Healing

Need more help? Call UVA CAPS at (434) 243 5150 or visit studenthealth.virginia.edu/CAPS. CAPS is available for support, referral assistance, and crisis services. Additional Student Health resources include WahooWell Remote and UVA’s Collegiate Recovery Program.