

GRIEF, LOSS & SADNESS

How To Gain Power When Things Are For Real Difficult

The 5 Stages of Grief

You might go through these in order... you might not. Grief/Loss is a super personal experience. Just don't go alone!!

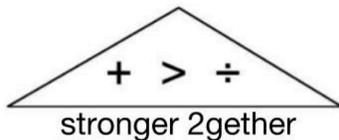
****Denial:** "Can't be happening"

****Anger:** "Why!!!! Want to Blame someone"

****Bargaining:** "How can I control something that already has happened"

****Depression:** "I'm too sad, never get better"

****Acceptance:** "I'm at peace with what happened"



Watch this video

<https://youtu.be/0JizJPUHKuo>

YouTube Search 2gether Tuesday
1 Minute 4 Life/ Dealing With Pain

Grief, Loss, and Sadness Come from many different areas of life. (these are some)

*The death of a loved one...yes, your pet, too. Sometimes the death of someone you don't even really know can remind you of someone "you lost"

*The breakup of a relationship...could be romantic or your friend or family (Including Divorce)

*Could be having to move.

*Maybe you lost your good health

*Maybe a life dream (college, career, etc...) isn't working out as planned.

*Loss of Financial Stability.

*Loss of Feeling Safe because of a traumatic incident.

So...how do we work through this and how do we gain power when things are really difficult.

3 STRATEGIES TO HELP

1) Understand that difficult times are part of being a human. There is no "regular" amount of time to grieve/be sad...But!! We have to stop pretending or wishing that everything in life will be cool all the time. Being able to acknowledge your loss is important. This means allow yourself to feel...cry, anger, sadness. But, you have the power to work through this!

DO NOT GO THROUGH THIS ALONE!! We Got You!!

2) Where do you put your attention? Accept what you can't change and focus on what you can! Unfortunately we are really good at finding negatives. Remembering the good about who died is amazingly helpful! Finding 3 good things each day in our life is important. Spending time each day on what we are grateful for in our life (no matter how small) helps us work through this!

Watch these videos (they go together)
https://youtu.be/SYcD8Yu1_FA
<https://youtu.be/KE4e--vREo>
YouTube Search 2gether Tuesday
Working Through Grief and Sadness

3) As you work through this time... always ask yourself "Is what I'm doing right now helping me?"
OR
"Is what I'm doing right now Harming me?"
What does that mean?
It means that is revisiting what happened over and over again helpful?
Is keeping your pain to yourself helpful?
Is numbing your hurt and sadness with drugs and alcohol helpful?
Following the strategies, watching the videos, discussing with others what you learned from them, and doing activities are helpful!

Activities and Resources **That Will Help!!**

Learning how to breath in a way that helps you manage your emotions is dope!

5 to 6 Quick Breaths

I use this one to help change my state of mind/my physical state. When you feel anxiety...when you feel in depression...when you feel nervous...when you want to get back to “normal”, Take 6 Quick but deep breaths. Practice like this. Breathe in through your nose deeeeeeply and then exhale out your mouth forcefully. Do this 6 times and on the last one remind yourself how amazing you are.

**SUICIDE PREVENTION HOTLINE
1-800-273-8255**

The 4-7-8 Breathing Method

Exhale completely through your mouth, making a whoosh sound. Close your mouth and inhale quietly through your nose to a mental count of 4. Hold your breath for a count of 7. Exhale completely through your mouth, making a whoosh sound to a count of 8. This is particularly helpful if you're experiencing sleeplessness due to anxiety or worries about what happened today — or what might happen tomorrow. Swirling thoughts and concerns can keep us from being able to rest well.

Another way to manage your emotions is with **exercise!!** The benefits of exercising (especially when done daily!) on your emotional state are based in science and can work quickly!

Watch This Short Video
<https://youtu.be/o6dd1SiGz1o>
YouTube Search 2gether Tuesday
exercise for your life

**It's possible to go on,
no matter how impossible it
seems,
and that in time,
the grief...lessens.
It may not go away completely,
but after a while
it's not so overwhelming.**

This is a really good activity to get in the habit of Living In The Power of Gratitude. Think of someone in your life that has had a positive impact in your life. Write them a short note or letter of thanks. Next, watch this video and do the 2nd part of this activity.



Watch this video please
<https://youtu.be/Why1v6tfvQ> YouTube
Search 2gether Tuesday Science of
Happiness Gratitude Experiment

IF YOU WANT TO READ A GOOD ARTICLE!!

Internet Search
Coping With Grief and Loss
HelpGuide.org

**Let me grieve the way
I need to.
I don't need to meet
expectations put on me by
others.
I need to do this my way.
This is my journey...
But I am more powerful than
ever**

One last activity. Make a list of difficult times you have already worked through in your life. Next to each difficult time, write down what you learned from it and how it made you stronger.

We hope you feel this brochure is helpful.
There are people on your campus and in your life that will help you through this.
You are not alone.

Grief, Loss, and Sadness are all real and again there is no “normal” amount of time to work through it. Once again though, you have way more power than you think you do so use these strategies daily and things will get better. We are stronger 2gether!