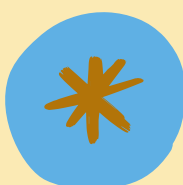




TAKE AWAYS FROM GRIEF AND LOSS



Deregulation is a part of grief and healing.
For example, your sleep, and/or appetite
may be off.



Know that you didn't cause, couldn't control,
or prevent the person from dying.



We need community! You don't have to
heal in ISOLATION! Talk to someone or
join an on-line support group; visit
Grief.com for lots of resources.



Know that ALL feelings are VALID and
APPROPRIATE! Everyone grieves differently
and heals at their own pace.



Write or draw your feelings! Don't be
ashamed to give voice to what you're
feeling!



Say their name!

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