

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numbers ranging from 140 to 260 in increments of 10. There are also several smaller circles and dashed lines scattered across the background, some with arrows indicating direction.

# COPING WITH LOSS AND GRIEF

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# COPING WITH LOSS AND GRIEF

- Grieving is a common and natural reaction to any loss that brings on strong emotions.
- Acknowledging and understanding your grief will help you begin the healing process.

# WHAT IS LOSS?

- Examples of LOSS may include:
  - Death of a loved one
  - Divorce or separation of parents
  - Moving to a new town or school
  - Separation from a loved one
  - Loss or death of a pet
  - Loss or theft of something valuable or special
  - Break up of a romantic relationship
  - Loss of a job

# HOW WE COPE WITH LOSS

- A broad range of emotions after a loss may include:
  - Denial
  - Anger
  - Sadness
  - Confusion and helplessness
  - Guilt
  - Insecurity and fear
- Eventually we reach the acceptance and resolution of the loss.

# THE GRIEVING PROCESS

- Psychiatrist Elisabeth Kubler-Ross noted that the grieving process includes stages of grief
- A variety of reactions may surface as an individual makes sense of how a loss affects him or her

# STAGES OF GRIEF

- Denial or Numbness
- Emotional Release
- Anger
- Bargaining
- Depression
- Remorse
- Acceptance
- Hope

# THE GRIEVING PROCESS

- During the DENIAL or numbness stage of grief, it may be difficult to believe the loss has occurred.
- During the EMOTIONAL RELEASE stage of grief, the loss is recognized. This stage often involves periods of crying

# THE GRIEVING PROCESS

- During the ANGER phase of grief, the person uses anger because he or she feels powerless and unfairly deprived.
- During the BARGAINING stage of grief, the reality of the loss sets in and the person may promise to change if what was lost can be returned.



# THE GRIEVING PROCESS

- During the DEPRESSION stage of grief, there are feelings of sadness. In addition, feelings of isolation, alienation and hopelessness may occur.
  - During the REMORSE stage of grief, the person may become preoccupied with thoughts about how the loss could have been prevented.

# THE GRIEVING PROCESS

- During the ACCEPTANCE stage of grief, the person faces the reality of the loss and experiences closure.
- During the HOPE stage of grief, remembering becomes less painful and the person begins to look ahead to the future. This stage involves coping.

# POSITIVE COPING STRATEGIES

- Keep up a normal routine
- Eat a healthy diet
- Write in a journal
- Get plenty of rest
- Exercise
- Participate in enjoyable activities
- Maintain friendships
- Do something nice for another person
- Practice stress management techniques such as deep breathing, mindfulness and visualization.

# NEXT STEPS

- Be patient! Each person will go through the grieving process at his or her own pace.
  - Talk to others.
  - Ask for help.
- College counselors Jackie Bareuther and Debra Schuch are available to talk with you.
- They can be reached by email at [bareuther@stevenscollege.edu](mailto:bareuther@stevenscollege.edu) or [schuch@stevenscollege.edu](mailto:schuch@stevenscollege.edu). You can also complete the online counseling request form located in your MyStevens portal on the Student Services tab, Counseling and Accessibility Services link.