

COLLEGE UNBOUND

Grief Guide: On Reading, Reflecting, and Reaching Out

Going through grief both individually as a student and collectively as a cohort is a journey, there is not a process to “get over,” rather there are only ways of moving into and through grief. Everyone will process this work differently and at their own pace. Moving through the journey will bring up a mixture of emotions and reactions. There is no right or wrong way to grieve, but there are some healthy and unhealthy coping strategies.

Healthy Coping Strategies:

- *Take care of yourself.* Give yourself time and space to begin your grief journey. Get enough rest. Eat healthy food. Give yourself a break to connect with yourself.
- *Talk to others.* Especially people who have gone through grief or experienced the death of a loved one. People who have been through grief can empathize with and help support you, and vice versa. Connect with Lab Faculty and reach out to your cohort to start.
- *Express your grief.* The best way to work with your grief is to let it out. So how do you let out your emotions? Do you: Cry, scream, and yell? Do you: express your feelings through music, art, poetry, or journaling? Some express themselves to only one or a few trusted people, while others choose to share with others. Do what feels right for you.

For students who want to talk with someone in the community to process their grief:

- For 1:1 Support: [Therapists Specializing in Loss, Grief, And Bereavement](#)
- Connect with others: [Grief Share](#) (both online and in-person meetings)

For students who want to read to process grief:

- [Notes on Grief](#), by Chimamanda Ngozi Adichie
- [When Death Takes Something From You Give It Back](#), by Naja Marie Aidt
- [Healing After Loss: Daily Meditations For Working Through Grief](#), by Martha Hickman
- [On Grief and Grieving](#), by Elizabeth Kubler-Ross

If you are feeling overwhelmed, hopeless, or helpless and not sure what to do, reach out to your Lab Faculty or fill out our [Community Cares form](#) to be accompanied to community-based resources that can help or reach out to Chris Dickson, our Assistant Dean who is available by phone: 404-956-9657

SAMHSA’s National Helpline: 1-800-662-HELP (4357) SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.