

All people experience grief differently,  
but some of the typical feelings include

## CONTACT TICC

# COPING WITH GRIEF AND LOSS

A sudden death of someone you know can be an intense experience. You may feel puzzled, shocked, angry, sad. You might want to retreat, and/or avoid classes, friends, family, and social activities. Some students sleep or eat when distressed, others can't rest and have no appetite. Grief results in a wave of overwhelming emotions and coping can be slow and painful. People process grief in different ways. Some cry and talk, others hold it in. Grief must be worked through to get to a place of healthy acceptance, remembrance and progressing with your life.

#### DENIAL AND SHOCK

DEATH CAN BE DIFFICULT TO ACCEPT. YOU MAY REFUSE TO BELIEVE IT AND WOULDN'T WANT TO DISCUSS IT WITH ANYONE.

#### ANGER

SOMETIMES GRIEF IS MIXED WITH RAGE. YOU MAY FEEL ANGRY AT THE UNFAIRNESS OF LIFE OR EVEN AT THE PERSON WHO DIED.

#### BARGAINING

SOME PEOPLE MAY BARGAIN SPIRITUALLY, OFFERING TO TRADE A POSSESSION OR PART OF THEIR LIFE TO BRING BACK A LOVED ONE.

#### GUILT

SOME PEOPLE FEEL GUILTY FOR SURVIVING, MOVING ON, OR FOR MAKING NEW CONNECTIONS AND MEMORIES AFTER A LOSS.

#### DEPRESSION

LOSS CAN LEAD TO MOOD FLUCTUATIONS, SADNESS DESPAIR, AND DIFFICULTY FUNCTIONING AS USUAL.

#### LONELINESS

THE DEATH OF SOMEONE CLOSE CAN LEAVE YOU FEELING LONELY GOING THROUGH THE ROUTINE OF YOUR DAILY LIFE.

CALL OR STOP BY TO HAVE AN INITIAL  
CONSULTATION

MON – FRI | 9AM – 5:30PM  
G-BLOCK, ROOM NO. 105, THAPAR  
INSTITUTE OF ENGINEERING &  
TECHNOLOGY

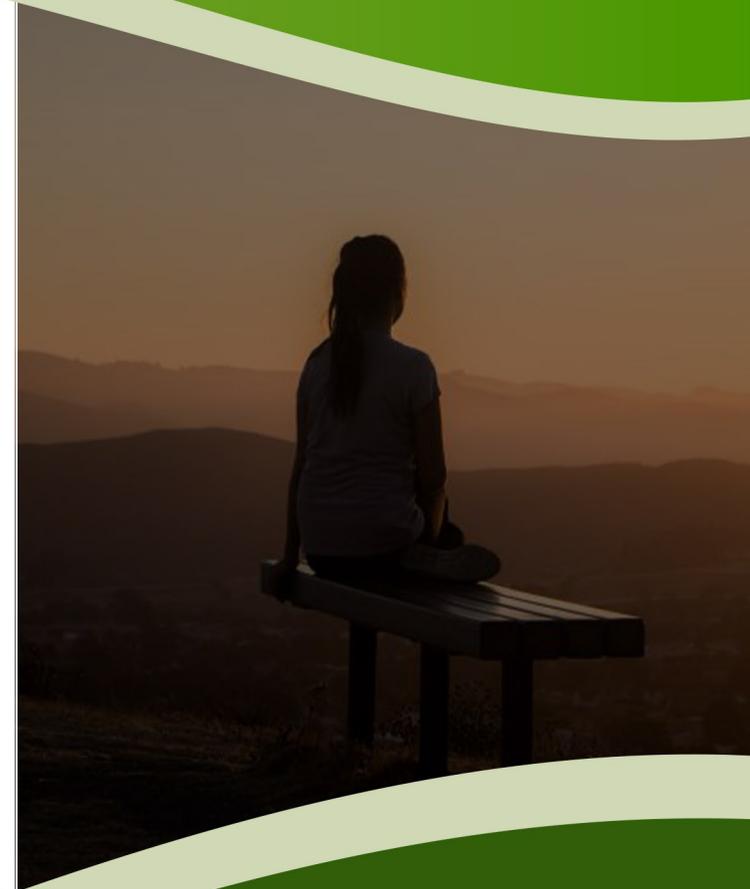
+91-8872739998 / +91-9781700762  
(including outside office hours to reach TICC counselor on call)

OR VISIT US AT  
[ticc.thapar.edu](http://ticc.thapar.edu)

#### OUR COUNSELORS

Dr. Sonam Dullat  
Professional Student Counselor  
+91-8872739998

Ms. Garima Garg  
Assistant Student Counselor  
+91-9781700762



**ti** COUNSELING  
CELL  
• WE ARE LISTENING •

# HELPING YOURSELF GET THROUGH THE GRIEF PROCESS

## HOW COUNSELING CAN HELP

## WHEN TO *Seek* PROFESSIONAL HELP

### ACCEPTANCE

Eventually, the reality of the loss leads to acceptance. Slowly renewing connections, creating new goals and resuming your routine will help you come to terms with the loss.

### HOPE

With time, support and resilience most people reach a stage where they can balance painful memories of their loss with hope and anticipation for the future.

### UTILIZING SUPPORT SYSTEMS

Sharing your loss with friends and family may bring a new sense of connection and gradual diminishing of the pain. Talking, sharing, crying and remembering are all important ways of recovering from grief.

### STICKING TO A ROUTINE

Maintaining a schedule even when you do not feel like it can provide necessary structure and normalcy as you process your grief.

### EXPRESSING YOUR FEELINGS

Talking about your feelings can be extremely powerful. Writing, music, and art may also help you express yourself and heal.

### REMEMBERING AND HONORING YOUR LOVED ONE

Commemorating birthdays or anniversaries are an important way to honor and remain connected with those you loved and lost. Rituals can create a sense of togetherness in a group with shared pain and memories.

Grief can disrupt your daily life causing problems with sleep, appetite, motivation or concentration. You may be despondent and have no interest in work or socializing.

Counseling can help you make sense of thoughts and reactions to grief and develop a coping strategy. Some worry that sharing these thoughts may be a burden on friends and family. If so, it may be easier to share feelings of anger, guilt, and sadness with a professional. Grief is difficult to process but it can be overcome.

People experiencing loss can sometimes feel such despair that they contemplate suicide. If you are having any such thoughts, please contact TICC (+91-8872739998).

## WHAT NOT TO DO

- DON'T MAKE HUGE LIFE CHANGES IMPULSIVELY.
- DON'T NUMB YOURSELF WITH ALCOHOL OR DRUGS.
- DON'T ISOLATE YOURSELF FROM OTHERS.
- DON'T EXPECT DIFFICULT FEELINGS TO GO AWAY QUICKLY.
- DON'T BE HARD ON YOURSELF, WE ALL COPE IN DIFFERENT WAYS.

As time passes following a significant loss, such as the death of a loved one, it's normal for feelings of sadness, numbness, or anger to gradually ease.

These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life.

However, if you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

## MESSAGE FROM DOSA

Losing someone can be heartbreaking. Take all the time you need to process your grief. All of what you are feeling is completely valid. Breathe compassion into the parts that are hurting right now. Understand that this is a process and will take time. Let us guide you through the way.

Dr. Inderveer Chana  
Dean of Student Affairs  
Professor and Associate Head of Computer Science and Engineering Department  
TIET, Patiala