

FINDING SUPPORT

Turn to family, friends, or community
Join a support group or forum
Talk to a therapist or grief counselor

WHEN SHOULD I BE CONCERNED?

Lasting grief
Worsening symptoms of grief
The occurrence of or worsening of depression
Overwhelming thoughts of death or suicide

OUR LOCATION:

Building 17A
We are currently in the modular buildings
behind Salazar Hall

Contact us
Phone: 707-664-2153
Email: caps@sonoma.edu
Website: caps.sonoma.edu

EMERGENCY NUMBERS:

CAPS 24/7 Immediate Crisis Counseling
707-664-2153

Sonoma County Crisis:
707-576-8181

PLEASE REACH OUT TO A MENTAL HEALTH PROFESSIONAL

RESOURCE GUIDE:

[https://caps.sonoma.edu/
resources/grief-and-loss](https://caps.sonoma.edu/resources/grief-and-loss)

OFF CAMPUS EMERGENCY: CALL 911

For faculty and staff, support is available through our Employee Assistance Program, LifeMatters by Empathia.

Sonoma State University

How to cope with Grief



SSU Counseling and Psychological
Services

COPING TIPS

Allow yourself to feel your feelings

Process your feelings with a therapist or support group

Notice and reflect on your grief triggers and make a plan for them

Find support

Engage in activities you find enjoyable or distracting

Take care of your basic needs

And

DO NOT GRIEVE ALONE



SOME OF THE MANY TYPES OF GRIEF

Here is a brief overview of the types:

Anticipatory grief

When an individual has knowledge of an impending loss. Typically seen when you have a loved one with a terminal illness.

Typical grief

Grieving that is average in timeline and or emotionality.

Complicated grief

When the grieving period is extended well beyond the normative and the functionality has decreased to the point of dysfunction in life.

Disenfranchised grief

Grief that is felt when an individual experiences a loss but others do not acknowledge it or its importance in your life.

WHAT IS GRIEF

Grief is the emotional process by which we process a loss. The conversations around grief usually refer to bereavement. However, grief can show up in our lives for a variety of reasons; losing a job, losing a relationship, major transitions, loss of economic stability, etc.

COMMON GRIEF FEELINGS THAT CAN OCCUR

Death or loss is traumatic even when we saw it coming. So grief can present in a manner of ways. Some of those ways include the following:

Feeling.....

Numb or shocked, like you can't cry or you have no emotions.

Denial, like it didn't happen, not wanting to believe it occurred.

Sadness, tearful, empty

Angry or mad

Anxious, scared, like you can't trust your thoughts

Guilt, like its your fault or that you could have done something

Shame, and wanting to hide that you are having all of these feelings

