



## Coping With Loss and Grief

### Loss

Dealing with loss can be one of life's most stressful situations and can cause an emotional crisis. You may experience a wide range of emotions, even when the loss is expected. The NORMAL emotions you experience include:

Denial	Yearning
Disbelief	Anger
Confusion	Humiliation
Shock	Despair
Sadness	Guilt

You may not be prepared for the strength of your feelings, how quickly your emotions may change or how long they may last. You even begin to question the stability of your mental health. Be assured that what you are experiencing is normal. You will be able to come to terms with your loss.

### Grief

Coping with your grief is important to your mental health, and it is important for you to allow yourself to grieve. You will be more able to effectively cope with you grief by:

- Accept support from caring family and friends
- Talk about your feelings
- Take care of your health
- Do not dwell on the past
- Don't make major life changes while you are in the middle of grieving
- Be patient with yourself

**For more Information Call:**

Ben Gordon Center .....815 756-4875 [www.bengordoncenter.org](http://www.bengordoncenter.org)

**24 hour crisis hotline: 1-866-BGC-0111**