

Helpful Apps

Coping with Grief

Coping with Grief is an app that includes daily thoughts, affirmations and inspiration for people grieving, resources for coping with grief on anniversaries and holidays, online grief support groups and more. This app is free on the Google Play store.



MyGrief

MyGrief provides support to people who are grieving and those who support them. Users answer questions related to their grieving experience and can find grief management strategies. For those supporting others who are currently grieving, this app provides helpful suggestions on how to help from the initial point of bereavement to long-term support. This app is free on the Apple app and Google Play stores.



Therapeer: Peer Emotional Support

This app provides private, emotional support to help you improve well-being. Participating in peer support provides an opportunity to share personal experiences, feelings and coping strategies with others whom are in similar situations as well as gain a sense of community and empowerment. This app is free on the Apple app and Google Play stores.



Grief: Support for Young People

Targeted to those ages 11 to 25 who have lost someone important to them, this app includes information on bereavement, grief, feelings and how to help yourself. It can also be used for friends, teachers, parents and professionals who would like to support bereaved young people. This app is free on the Apple app store.



Lilies

Lilies provides a safe community to share thoughts and memories of those one has lost. It also offers professional tips for coping with loss and grief and virtual hugs. This app is free on the Apple app store.



REFERENCES

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ON-CAMPUS SUPPORT

Counseling Center
321-674-8050
floridatech.edu/caps

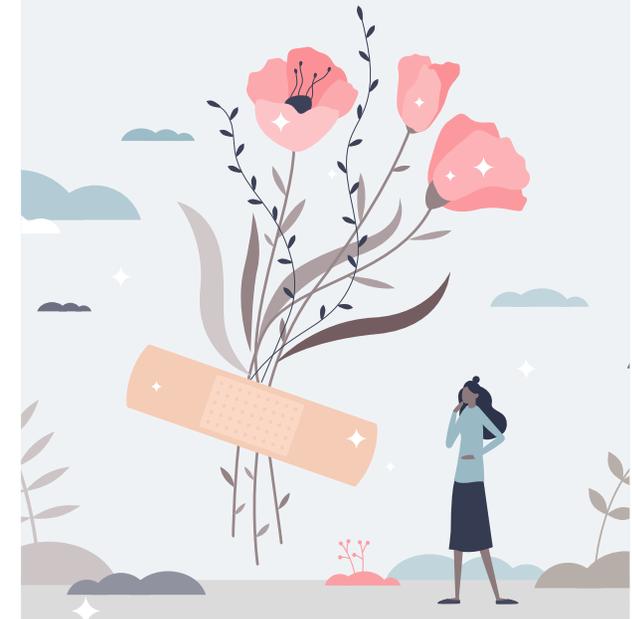
Campus Ministries
321-674-8045
floridatech.edu/ccm



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COPING with

Grief & Loss



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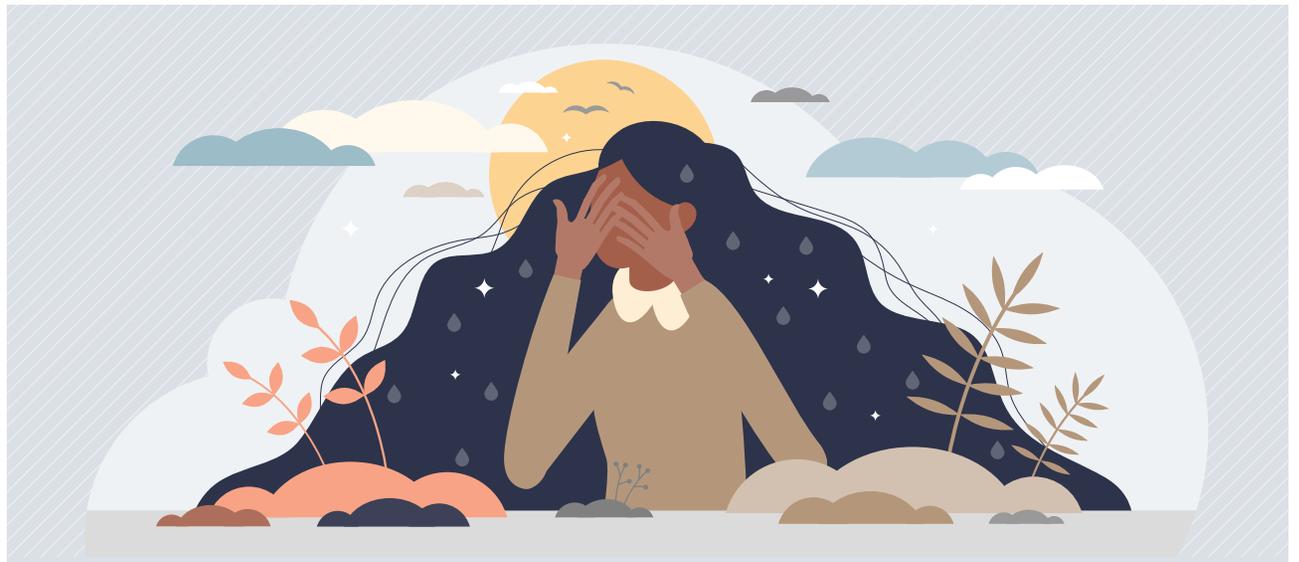
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Loss can occur when we experience the death of a loved one, a relationship break-up or a relationship change, loss of pets, loss or change in health status and functioning, loss of possession by accident or theft, loss of job or financial stability, and/or loss or change of identity or sense of place in the world. Although loss is understood as a natural part of life, we can still be affected by intense feelings, such as shock, confusion, anger and sadness, associated with grieving the loss. Some signs and symptoms of loss/grief include:

- » **PHYSICAL:** sleep difficulties, fatigue, restlessness, change in sexual desire, etc.
- » **COGNITIVE:** denial/disbelief, confusion, inattention, indecisiveness, detached, etc.
- » **EMOTIONAL:** anger/irritability, sadness, numbness/shock, guilt, helpless, lonely, etc.
- » **BEHAVIORAL/SOCIAL SYMPTOMS:** uncontrollable crying, avoidance, self-destructive behaviors, withdrawal, etc.

Grieving is important in helping us process our emotions while also continuing to embrace and honor the memories of our loved ones. Research shows that most people can recover from loss on their own at their own time, especially if they have healthy coping mechanisms and a strong social support system. However, mourning the loss of a loved one takes time, and it should be noted that there is no “right” or “wrong” way to grieve. Everyone reacts differently to loss and the grieving process is personal to each unique individual. This is normal and encouraged!

Grieving individuals may find the following strategies helpful for processing and accepting loss, as well as for finding meaning that can offer purpose and direction into their lives:



- » **TALK ABOUT THE DEATH/LOSS** of the loved one with others to help you understand and remember your loved one. Social support is one of the strongest contributors to healing from loss, and this can include family, friends, support groups, etc.
- » **NOTICE AND ACCEPT YOUR FEELINGS:** You may experience a wide range of emotions during grief—this is normal! It is important to notice your internal experiences (thoughts, feelings, bodily sensations, memories) and allow them space in your life. Avoidance of these experiences can actually disrupt the natural healing process and can lead to unhelpful behaviors.
- » **TAKE CARE OF YOURSELF:** Regularly eating healthy foods, drinking enough water, getting plenty of sleep, moving your body, deep breathing, mindfully meditating and continuing to engage in hobbies/interests can help both your physical and emotional health. Check in with others to ensure that they are also taking the necessary steps to maintain their health.
- » **FIND COMFORT IN YOUR FAITH:** Embrace mourning rituals from your faith or spiritual self that can provide comfort, solace and meaning. Some rituals may include praying, going to church, meditating, writing in a journal, etc.
- » **REACH OUT AND HELP OTHERS DEALING WITH LOSS:** Spending time with loved ones who may also be experiencing loss can help you and others cope. Small efforts, such as sharing stories, listening to your loved one’s favorite music or eating their favorite foods, can help you/others feel better together and experience signs of healing.
- » **CELEBRATE THE LIVES OF YOUR LOVED ONES:** Anniversaries of a lost loved one can be difficult, and it can also be a time for remembrance and honoring them. Some celebrations may include engaging in a specific activity you enjoyed together, writing them a letter, displaying a photo of the loved one, planting a garden in their memory, collecting donations to a favorite charity, passing on a family name, visiting the cemetery, etc.
- » **ASK FOR HELP:** Some people may struggle with grief for longer periods of time where they are unable to carry out daily activities. This is known as severe or complicated grief. Individuals who experience complicated grief could benefit from seeking additional support to learn strategies for coping with loss and build resiliency in their lives.
- » **READ A BOOK ON GRIEF/LOSS**, such as *On Grief & Grieving: Finding Meaning of Grief through the Five Stages of Loss* by Elisabeth Kübler-Ross, M.D., and David Kessler.