
YSU STUDENT COUNSELING SERVICES

NAVIGATING GRIEF: SUPPORTING YOURSELF THROUGH LOSS

Grief is a natural response to loss that everyone experiences differently.

There is no right or wrong way to grieve.

There are different types of loss including death, life transitions, break-ups, difficult life events, and other changes in life.

Common Responses to Grief

- Feeling sad, numb, or disconnected
- Changes in appetite or sleep patterns
- Difficulty concentrating, making decisions, or remembering things
- Wanting to be alone, or needing extra connection
- Physical symptoms like headaches, fatigue, or muscle tension
- Feeling overwhelmed, worried, anxious, or angry

Take Care of Yourself

- Honor your feelings: It is okay to cry, be quiet, or laugh
- Talk to someone you trust
- Create space to reflect and remember: use journaling, art, or time in nature
- Prioritize rest and nourishment
- Stay connected with others
- Be patient with yourself – grief has no timeline
- Set priorities – set small goals
- Limit exposure if necessary

Seek Extra Support

- If grief feels overwhelming
- If you experience intense feelings that interfere with daily life and relationships
- If you are withdrawn from people, places, or things you enjoy
- If you are feeling guilty, helpless or hopeless

**YSU Student Counseling Services
is here to support you.**