

# GRIEF AND LOSS



When we think of **LOSS** and **GRIEF**, we often think of the death of a loved one and the deep sadness that follows.

But, loss can come in many forms, and grieving can involve so much more than sadness.

**Painful losses may include:**

- dreams for the future
- physical health
- athletic ability
- career goals
- financial security
- romantic relationship
- religious faith
- family connections
- trust in others
- our place within a community
- societal stability
- our sense of our own personal identity

We may also find that we have lost an overall and on-going sense of safety and stability (e.g., chronic threats to our health, racial injustice).

Emotions that come with loss, may include anger, confusion, guilt, shame, loneliness, a sense of betrayal and distrust, anxiety and fear.

**It is important to remember that grieving and accepting loss is a *PROCESS* through which we move over time.** We may be left with emotional “scar tissue” which will always be sensitive. We can adjust and will recover (and we may even find ourselves in a better, stronger place once we have done our grieving) – but this takes time, and may also require our taking active steps to change ourselves or the world around us.

Finally, it is important to remember that none of us make it through the challenges of life all alone. When we are experiencing loss and are grieving, it is important to let others care for us, to reach out to others for support. We really do need one another.

## SOURCES OF SUPPORT ON THE BUCKNELL CAMPUS INCLUDE:



Accessibility Resources	International Student Services	Residential Life
Bucknell Student Health	Multicultural Student Services	Religious and Spiritual Life
Community College Scholars Program	Office of LGBTQ Resources	Title IX
Counseling & Student Development Center	Posse Scholars Program	Women’s Resource Center
GenFirst!@Bucknell		

## DISCUSSION QUESTIONS

- In what ways might some of the members of our Bucknell community be experiencing loss and grief right now?
- If you are comfortable sharing... Have you experienced loss and grief in your own life? What was that like for you? How did you cope with that experience? Did you grow as a result of that experience?
- How can we support others who are struggling right now with loss and grief here within our Bucknell community?
- To whom can you turn for support in times of loss?

