

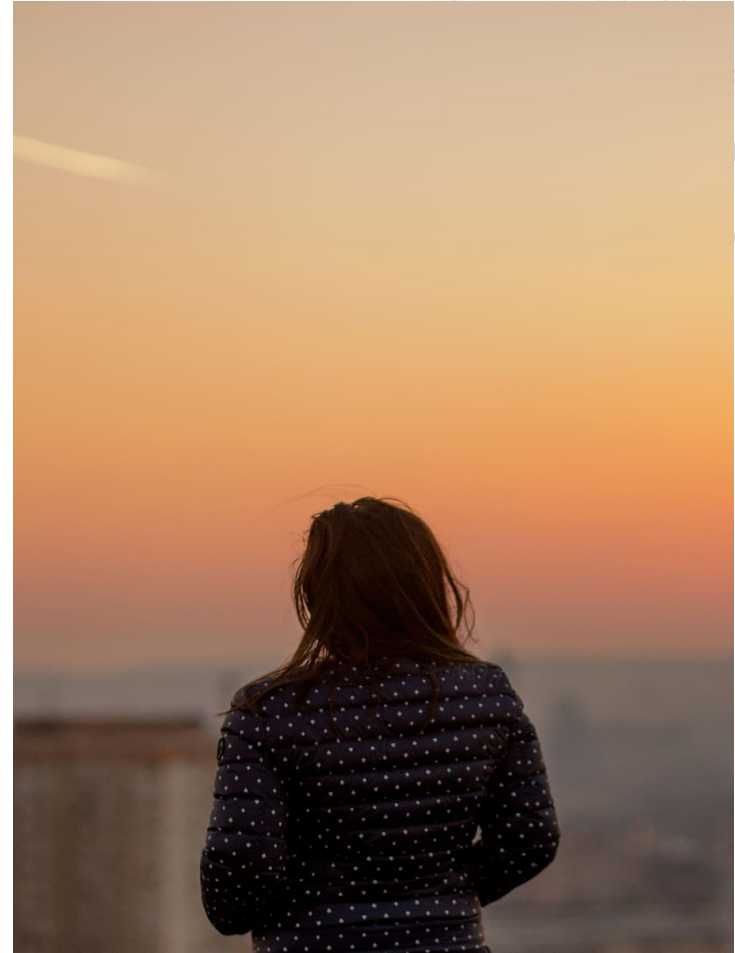


Grief & Loss

Counseling & Student Development Center
Bucknell University

Grief & Loss

What do you think of when
you hear these words?



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.



Different kinds of loss

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

We may also find that we have lost
an overall and ongoing sense of
safety and stability

- ◎ chronic threats to our health
- ◎ systemic injustice & oppression

(Perhaps take a moment here to think about
different kinds of losses that you or others close to
you have experienced...)

Feelings

The emotions that come with loss - in addition to deep sadness - may include...

- ⦿ Anger
- ⦿ Confusion
- ⦿ Guilt
- ⦿ Shame
- ⦿ Loneliness
- ⦿ Anxiety, fear, and perhaps distrust



A process...

- ◎ It is important to remember that grieving, coming to terms with loss (or the ongoing threat of loss), and finding a new sense of equilibrium, 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.

Remember: None of us make it through the challenges of life all alone!

When we are experiencing loss and are grieving, when we are hurting and confused, it is important to let others care for us, to reach out to others for support.

We ***really do*** need one another.



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 experience 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?

Some sources of support at BU



- International Student Services
 - Religious and Spiritual Life
 - Multicultural Student Services
 - Office of LGBTQ Resources
 - Office of Accessibility Resources
 - Counseling and Student Development Center
 - Women's Resource Center
 - GenFirst!@Bucknell
 - Community College Scholars Program
 - Title IX
 - Posse Scholars Program
 - Bucknell Student Health
 - Residential Education
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(The person sitting next to you?)

Resources

- ◎ The CSDC remains available for Telehealth sessions or even a one on one consultation
 - Schedule an appointment by calling our office at 570-577-1604
 - Review our [website](#) for more info on our services and staff
- ◎ If you are in distress, a counselor is available after hours 24/7/365 by calling our office at 570-577-1604 and pressing “2” when prompted
- ◎ If you’re looking for a provider to connect with closer to home consider visiting [PsychologyToday](#) and use their “Find a Therapist” feature to locate a provider in your area

Hotlines

- ⊙ National Suicide Prevention Lifeline – Call 800-273-TALK (8255)
- ⊙ Crisis Text Line – Text HOME to 741-741
- ⊙ National Domestic Violence Hotline – Call 800-799-SAFE (7233)
- ⊙ National Sexual Assault Hotline – Call 800-656-HOPE (4673)

Identity-specific

- ⊙ Students of Color: The Steve Fund - Text STEVE to 741-741
- ⊙ LGBTQ+ Support: Trevor Project - (866)-488-7386
- ⊙ Trans Support: Trans Lifeline - (877)-565-8860

Please share your thoughts!

A decorative network diagram in the top right corner, consisting of various sized grey circles connected by thin grey lines, resembling a molecular or social network structure.

Please take a 2-3 minutes to give us your feedback on this program. It is greatly appreciated and used to improve future resources.

<https://baseline.campuslabs.com/bucknell/2021oe>

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