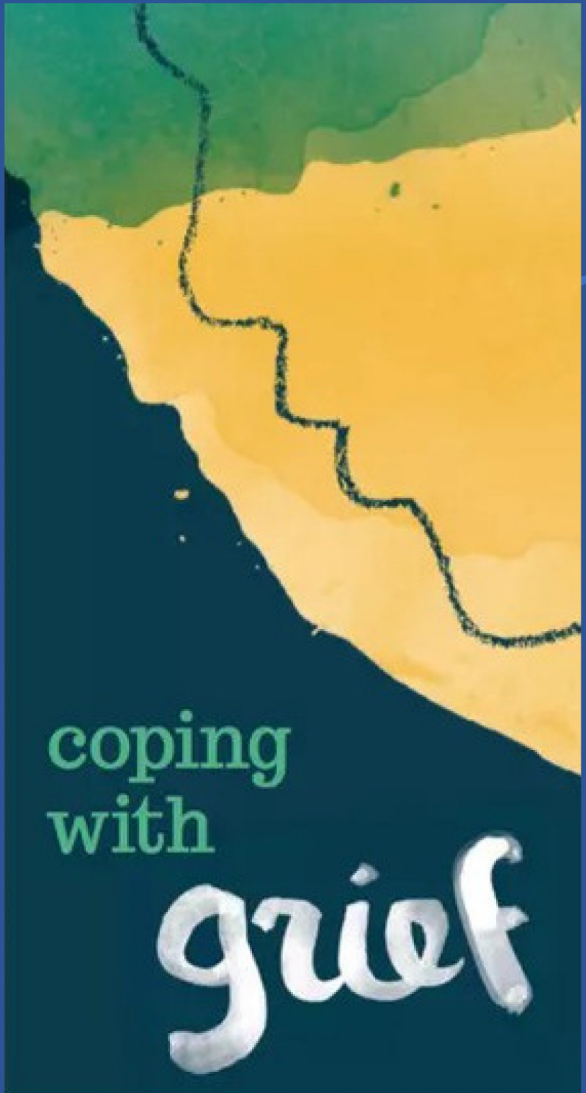


Madras Christian College

Student Counselling
Services



Coping with loss is difficult, but in the COVID era it's even harder. Often the loss of life to the coronavirus is sudden, and family members are unable to be by their loved one's side because of restrictions designed to stop the spread of infection. The separation only adds to the grief and sadness of loved ones left behind. Learning to survive the feelings of sadness and loss is a process that is normal and takes time. The process involves both emotional and behavioral reactions. It takes us through the initial response of shock and sadness, through acceptance and understanding and eventually to the rebuilding of our lives.

There are many ways in which people learn to adjust to the death of someone they cared about. Hopefully, the items below will give you some ideas about how you may be able to help yourself through the grieving process. Although everyone grieves differently, there are many feelings that are common experiences in the grieving process.

Some of what you might feel after a loss is:

- Disbelief or shock from the event.
- Confusion.
- Frustration and anger is common, and this anger may be directed at the deceased, at God, at yourself or others.
- Blaming others or feeling guilty for things that were done or not done when the person was alive.
- Detachment from or disruption of normal activities and feelings.
- Feeling very vulnerable and emotional.
- Feelings of hopelessness or helplessness may be present.

Physical symptoms of stress may also be common, such as:

- Rapid heart rate.
- Shortness of breath.
- Headaches, body aches.
- Loss or increase of appetite.

There may also be alterations in your behaviors:

- Avoiding the subject of death.
- Having poor concentration and memory is common and may be linked to intrusive thoughts centered on the loss.
- Being very aware of your surroundings due to an increased feeling of fear (i.e., hyper-vigilance).
- Avoiding placing yourself in “dangerous” or vulnerable situations.

Healing Considerations

- Confide in a trusted individual; tell the story of the loss.
- Express feelings openly. Crying offers a release.
- Identify any unfinished business and try to come to a resolution.
- Grief groups provide an opportunity to share grief with others who have experienced similar loss.

SOME DOS AND DON'TS WHEN DEALING WITH GRIEF

Do

- Expect a range of emotions – this is normal – and allow yourself to express them.
- Forgive yourself for what you did or didn't do.
- Talk to others who can share your grief – tell them what helps and what doesn't.
- Keep a journal of your feelings/write to the person who died.
- Allow yourself some alone time.
- Take care of yourself – get plenty of rest, exercise you enjoy, and eat well.
- Do something to help others – step outside of your own pain for a while.
- Seek help from a counselor or spiritual guide.
- Give yourself time – there is no set time limit on grieving.
- Carry or wear a linking object of the person who died, or create a memory area in your home.

Do not

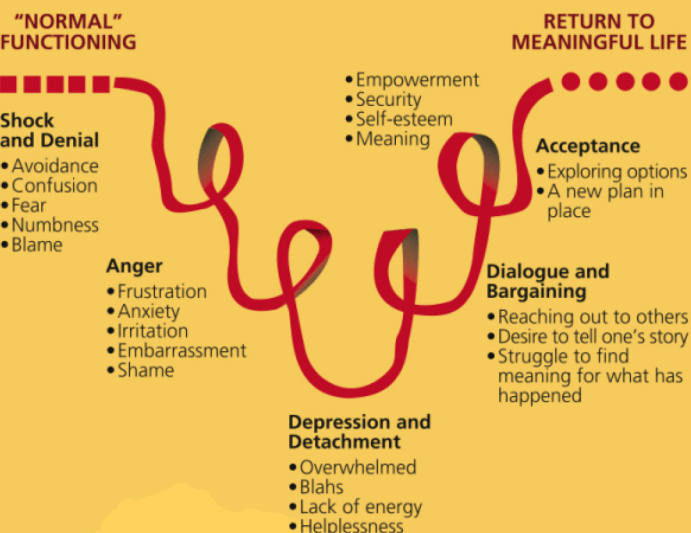
- Try to make major life decisions too quickly; stick to a routine for a while.
- Turn to alcohol or other drugs.
- Deny your feelings or reactions.
- Isolate yourself or hide from others.
- Expect to get better everyday. Accept the ups and downs of grieving.

How Can You Help Someone Who is Grieving?

- Be a good listener.
- Just sit with them.
- Ask about their feelings.
- Share your feelings.
- Acknowledge the pain.
- Remember the loss.
- Be available when you can.
- Take good care of yourself and encourage others to do the same.
- If you don't know what to say, that's okay. Share that you don't know what to say

Stages of Grief Cycle

Stages of the Grief Cycle



Reach out to student counsellor



Room no: 1
Center for media studies
building



9498053459



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**Confidentiality
is assured**

Our Commitment to Diversity

We are strongly committed to affirming diversity in a broad sense, to treating all with dignity and respect, and to opposing discrimination, prejudice, and oppression