

GUIDANCE ASSOCIATES OF PENNSYLVANIA

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COPING WITH GRIEF

Grief can throw us off balance. Our emotions and bodies need special caring at this time. Here are some tips on taking care of yourself or someone you care about during the grief process.

WHAT YOU CAN DO FOR YOURSELF

- Give yourself time, alone and with others, to feel and understand the loss.
- Talk about your feelings with people who listen well and without judgment.
- Eat nourishing food.
- Exercise regularly to ease depression and sleeplessness.
- Postpone major decisions.
- Set small goals, taking one day at a time.
- Beware of alcohol and drug abuse.
- Accept caring and practical support from others.
- Do not underestimate the healing power of small pleasures and diversions.

WHAT YOU CAN DO FOR OTHERS

Get in touch with and stay in touch with the grief. Sympathetic company is usually welcome and is one of the best kinds of support we can offer.

- Be yourself – express your natural concern openly.
- Be willing to talk about the loss and encourage the grieving person to do so.
- Be a good listener. Accept, don't judge, what you hear.
- Accept silence or anger. Respond by providing emotional support as best as you can.
- Reassure the grieving person that grief symptoms such as anger, guilt and sadness are normal.
- Be patient. It takes time for the grieving person to accept the loss and to deal with the changes it has caused.
- Volunteer to help with the practical necessities such as food, laundry, etc. Don't wait to be asked.
- Allow the grieving person the time and behavior needed to come to terms with the loss.