




## If you are grieving...

- Grief is a natural part of life. It is a normal response to the sorrow, emotion and confusion that come from losing someone or something important to you. Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.
- Grief is not a process to “get over”, rather a unique journey with a mixture of emotions and reactions. There is no right or wrong way to grieve, but there are some healthy and unhealthy coping strategies.
- Talk about your loved one who died with friends, family and/or a professional. Talk to others who have experienced loss as well.
- Expressing your grief is an important part of healing. It doesn't have to look like anyone else's process. Do what feels right for you.
- Grief is a journey, requiring time and energy. Do what you can to take care of yourself. Give yourself time and space. Pace yourself. Be compassionate towards yourself.

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- If you find that you are feeling overwhelmed, hopeless, or helpless consider getting professional help. There is individual and group support available on-campus as well as excellent supports available off-campus.
  - Grief happens at its own pace. There is no deadline. Be patient with yourself.
  - Create your own ways of memorializing your loved one. Celebrate their life in whatever way fits for you.

### **Ten things to know about grief (Victoria Hospice)**

<http://www.victoriahospice.org/sites/default/files/imce/VicHospTenThings.pdf>

### **HealthLink BC**

<https://www.healthlinkbc.ca/health-topics/hw164282>

### **Actively Moving Forward**

<http://activelymovingforward.org>

### **Heal Grief**

<https://healgrief.org/>

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#### **COUNSELLING SERVICES**

**Counselling and walk-in appointments are available daily.**

**University Centre Building B270–Second Floor**

**Monday–Friday | 8:30 am–4:30 pm**

**Phone: 250-721-8341 | Fax: 250-472-4025**

**[uvic.ca/coun](http://uvic.ca/coun)**