

Taking care of yourself following a loss

There are many ways to cope with loss, no one response is correct. Below are some suggestions of ways to take care of yourself and those around you during this time:

- Make a point to eat and sleep even if you are not hungry or tired.
- Keep up your daily routine as much as possible, including engaging in social activities.
- Don't compare yourself to others; this is your response and there is not a correct way to do it. It's ok for students to get on with the business of being a student.
- Take time to be by yourself if you need it, but don't isolate yourself.
- Don't think alcohol, drugs, food or sex will help.
- Seek support through friends, family and campus resources.

Counseling Center

On-call counselors available 8am to 4:30pm daily
and by appointment
288-7172

For emergency services you can reach the counseling center
by calling public safety

Campus Ministry

Walk-ins welcome and by appointment
Grief Support Group Available
288-6873

Hall Ministers

Available in each residence hall
Contact them directly or ask for direction at your front desk

Other University Personnel

Advisors, Faculty, Student Health Services and other administrators