

**LSSU Counseling Services:  
A Resource for Students**

**Hours:**

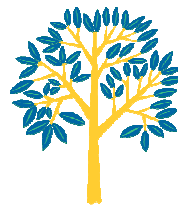
Monday—Friday  
8:00 a.m. to 4:30 p.m.\*  
(\*hours may vary)

**For questions, appointments,  
or requests for information:**

Stop by our front desk at  
623 W. Easterday Ave.  
Call 906-635-2752  
(x2752 on campus)

**Visit our website:**

<http://www.lssu.edu/counseling>

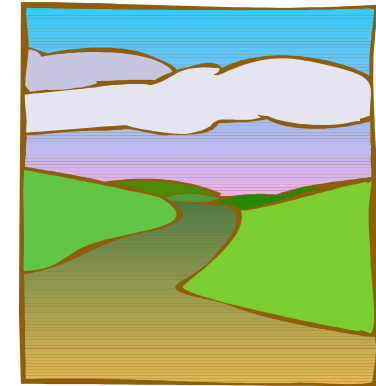


**Counseling Services**

*A Resource for Students*

**Lake Superior State University  
623 W. Easterday Ave  
Sault Ste Marie, MI 49783  
Phone: 906-635-2752**

**Grief, Loss**



**& Healing**

**LSSU Counseling Services:  
A Resource for Students**

# ***Counseling Services: Grief, Loss & Healing***

**Grief is a normal and natural, though often deeply painful, response to a loss. The entire person can react when responding to grief. Common reactions can include physical, emotional, behavioral or psychological, social, and even spiritual changes. The reactions listed here are among the normal responses that may occur after experiencing a loss.**

## **Physical Reactions**

- Fatigue, feelings of exhaustion
- Changes in sleep or appetite
- Shortness of breath
- Tightness in the throat
- Palpitations
- Nausea
- Diarrhea or Constipation
- Aches and pains—abdominal, stomach pain, back pain, headache
- Lightheaded, dizziness
- Change in sex drive
- Crying, sighing
- Restlessness

## **Emotional Reactions**

- Emotionally labile (up and down)
- Sadness
- Anger, irritability
- Panic, anxiety

- Meaninglessness, helplessness
- Apathy
- Numbness, disbelief, denial
- Longing
- Abandonment, loneliness
- Self blame, guilt
- Fear
- Relief

## **Behavioral/Psychological Reactions**

- Forgetfulness
- Difficulty concentrating
- Slowed thinking
- Wandering aimlessly
- Sense of unreality or emptiness
- Dreams of the deceased
- Exaggerated startle response
- Sense the loved one's presence
- Assuming traits of the loved one
- Needing to retell the story of the loved one's death
- Avoiding talking about loss

## **Social Reactions**

- Overly sensitive
- Dependent
- Withdrawn
- Avoiding others
- Lack of initiative or interest
- Hyperactive
- Underactive

- Relationship difficulties
- Lowered self esteem

## **Spiritual Reactions**

- Doubting belief system
- Questioning spiritual values
- Spiritual injury
- Loss of faith
- Disappointment in religion, clergy, or church members
- Feeling betrayed by God or Spiritual Force
- Angry with God
- Preoccupied with own death
- Sensing presence

## **Grief—A Time to Heal**

**There is no one way to grieve. Everybody incorporates the experience of a loss in his or her own way; eventually you will reach a point where remembering will be less painful and you can begin to look ahead to the future and more good times.**

**If the healing process becomes too overwhelming, seek professional support.**