Mental Health Awareness Series

Brought to you by **SUTD Wellbeing Services** Building 1, Level 5 (1.517) @Lobby C http://www.sutd.edu.sg/Campus-Life/Well-being-Services



Grief is a normal and natural response to loss. Keeping grief inside increases your pain. *Anne Grant*

Tips on managing grief more effectively:

Every person experiences loss of any kind at various points of their life with varying impact. It could be the loss of health, money, job, relationship or even a pet that leads us to grieve. But if this is commonplace, then why do we grapple with grief, sometimes badly? The answer is pain.

The pain from grief and loss may cause us to reel in shock, denial or anger. It may lead us to 'take stock' of our life when the truth hits us that life may no longer be the same when we lost that person or thing. The greater the significance the person or object is, the bigger the toll is likely to be when we experience the loss. This does not mean that we avoid forming meaningful bonds. It simply means that we need to acknowledge grief and loss as part and parcel of life, and develop healthy strategies to manage the pain arising from it.

It is not helpful to view grieving as a weakness or to 'act strong' when you are grieving. Of concern however, is the negative thoughts and emotions during the grieving process that need to be better managed so that they do not debilitate you.

- While grief is an universal experience, grieving is subject to individual differences such as one's personality. Thus, allow yourself to grief in your own way (e.g. crying) as long as it does not pose a risk to yourself or others.
- Just like any other condition, recovery from grief takes time. Refrain from giving yourself a 'time frame', but give offer yourself the time and space to grieve over a loss.
- You will be better off if you share and express your pain in healthy ways. Share your pain with your friends, family, community and/ or professionals. Express your pain in writing, music, arts, hobby, etc.

SUTD Wellbeing Services offers professional counselling services for <u>students</u> in a private and confidential setting. If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.