

What to Do with Grief

Spring 2023 Workshop for Students

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. Grief can also disrupt your physical health, making it difficult to eat or sleep. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be. Learn healthy ways to deal with the grieving process.

Date & Time

Wednesday, February 22
12:00-1:00 PM

What You'll Learn:

- Allow yourself to experience your pain
- The importance of surrounding yourself with support
- Shift the focus away from loss and towards the positive
- Take care of yourself physically

NO CHARGE!

**Register using your UNM Email to:
studentcounseling@unm.edu**

Deadline: 1 Business Day Before Workshop