



Coping with Loss

Our world is experiencing extremely trying times that have led to significant loss for many of us. Some of us may have lost our sense of security, our jobs, or even loved ones. Grief is the feeling that we experience in response to what we have lost. Grieving is very personal and looks different for each one of us. Here are four common tasks associated with managing our grief:

- **Accept your loss**

It can be difficult for us to accept that a loss has even occurred. However, it is a very important step in the grieving process. We can't build new relationships and engage with our world if we never accept that our world has changed.

- **Experience the pain of the loss**

It can be scary to think about the pain and emotions we might feel after a loss. Many of us aren't used to being vulnerable and think we must stay strong. Allowing ourselves to experience the pain as part of the grieving process leads to healing. There are different ways to experience our feelings such as talking through them or using a journal.

- **Adjust to life without**

Somehow, we must cope and learn to do things differently in a world changed by our loss. It can be hard to get through new situations but often this involves simple and practical solutions. Establishing a new routine and reaching out for help are two possible ways of doing that.

- **Form an enduring connection and move toward your next phase**

It can bring joy to look back and think about the positive memories we had with our loved one, job, or whatever else we've lost. We don't need to forget them. Holding on and reflecting on the joy they brought us can help us appreciate them as an important part of our life during a certain time. Doing so allows us to carry them as a part of us.

Learn to Live has tips and resources that can help you through your grieving process. Want to learn more? See our presentation on [Coping with Loss and Change](#).

We can help.

Learn to Live offers support for you and your family members (ages 13 and older) free of charge all year long. **Take a confidential assessment**, start a self-paced CBT program for Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia, or Substance Use -- and even connect with a coach.

Visit learntolive.com/partners and use the code **INTACT1** to get started. If you're already a member, simply sign-in with your username and password.