**What are grief and grieving?**

Grief is a natural response to the loss of someone or something very important to you. The loss may cause sadness and may cause you to think of very little else besides the loss. The words sorrow and heartache are often used to describe feelings of grief.

Grieving is the process of emotional and life adjustment you go through after a loss. Grieving after a loved one's death is also known as bereavement.

Grieving is a personal experience. Depending on who you are and the nature of your loss, your process of grieving will be different from another person's experience. There is no "normal and expected" period of time for grieving.

**What are the common symptoms?**

You may experience physical, emotional, social, or spiritual expressions of grief. While you are feeling shock, numbness, sadness, anger, guilt, anxiety, or fear, you may also find moments of relief, peace, or happiness.

Grieving can cause problems such as headaches, loss of appetite, or trouble with thinking or sleeping. You may withdraw from friends and family or behave in ways that are unusual for you. Grief may cause you to question your beliefs or views about life.

**How can you cope with grief?**

Be patient and kind to yourself. Remember that the difficult emotions you're having are normal. It may help to talk about your feelings with others. Seek support from loved ones, and consider joining a support group. Do activities you enjoy, and find ways to express your feelings, like writing.

**Additional resources and support:**

* **U of L Counseling services on campus** [counselling.services@uleth.ca](mailto:counselling.services@uleth.ca)  
  phone us at 403-317-2845. Anderson Hall (AH153)
* **Lethbridge Family Services** **Counselling, Outreach, and Education**  
  1098 - 3 Ave. North  
  Lethbridge, AB   T1H 0H7  
  403-327-5724
* **Associates Counselling Services**: 239-12B Street North, Lethbridge.

Phone (403) 381-6000 Email: [info@talkinghelps.ca](mailto:info@talkinghelps.ca)

* **True Balance Counselling Services:** South office 3228-Fairway Street S. North Office- #3, 704-4 Avenue N. Phone (403) 327-2333. Email: [connect@truebalancecounselling.ca](mailto:connect@truebalancecounselling.ca)
* **Lethbridge Counselling Services:** Lethbridge Chancery Court. #260,220 4 St S (second floor, by elevator or stairs) Phone: (403-942-0452) Email: [lethrbridgecounselling@gmail.com](mailto:lethrbridgecounselling@gmail.com)
* **Alberta Health Services:** 200 5 Avenue S Lethbridge, Alberta T1J 4J1 Phone (403) 381-5260

albertahealthsercies.ca