TIME DOESN'T HEAL, BUT IT HELPS...

Time is a powerful healer, but the process can be slow. It is important to acknowledge that this is normal.

The healing process:
- SADNESS: It is normal to experience sadness after a loss. Allow yourself to feel it.
- ANGER: It may be necessary to express or talk about your anger. Talk to someone about it.
- DISILLUSIONMENT: It is normal to feel disillusioned during the early stages of grief.
- GUILT: Do not blame yourself for the loss. Focus on what you did right.
- ACCEPTANCE: It is normal to reach a point of acceptance, where you can say goodbye to the loved one.

The healing process can be different for different people. It is important to allow yourself and others to move at their own pace.

WHAT IF SOMEONE CLOSE TO YOU IS GRIEVING?

You may want to express your sympathy and say that you will be there for them. However, it is important to wait for them to tell you how they want you to help.

WHAT YOU CAN DO:

- Ask how you can be of help.
- Listen and be present.
- Be patient and understanding.
- Avoid giving advice or judgment.
- Help them find support, such as a counselor or a support group.

WHAT YOU CAN SAY:

- "I'm here if you want to talk about it." (Only if you feel comfortable and capable of doing so)
- "I know that you may be feeling angry or sad, and it's okay to feel that way.
- "It's okay to not be okay.
- "You don't have to do this alone.
- "I'm here for you.

It is important to allow them to express their feelings and to provide them with the support they need.

GRIEF FOR THE STUDENT

If you or someone you know is grieving, it is important to understand that grief is personal and unique. It is important to allow yourself and others to move at their own pace.

HOW CAN YOU HELP? WHAT YOU CAN DO OR SAY.

- Offer to do small gestures, such as cooking a meal or doing some chores.
- Offer to listen and be present.
- Offer to be there for them.
- Offer to help them with their studies.

SPECIFIC DOS AND DON'TS

- Do: "I'm here if you want to talk about it." (Only if you feel comfortable and capable of doing so)
- Do: "I'm here if you need someone to talk to.
- Do: "I'm here if you need support.
- Do: "I'm here if you need someone to talk about your feelings.

- Don't: "I know exactly what you're going through.
- Don't: "I can imagine that..." (Instead, say "I can't imagine what you're going through.
- Don't: "I understand how you feel.
- Don't: "I don't know what to say.

It is important to provide support and be there for them, but it is also important to allow them to express their feelings and to provide them with the support they need.

WOULD YOU LIKE SOME EXTRA SUPPORT?

There is a lot of support available for grieving students. For example, the university counseling center offers support and resources.

GETTING BACK TO DAILY LIFE

It can be challenging to get back to daily life after a loss. It is important to allow yourself to grieve and to take things one day at a time.

• Take your time
- It is not always easy for the people around you to see exactly what you need. Do you need help with daily tasks? Do you need to talk about your loss?
- Decide whether or not you are comfortable to talk about your loss
- Give yourself permission to grieve
- Be kind to yourself, and accept that it will be a while before you get back to 100%

The healing process:
- Things go well some days, and you are ready to take on more responsibilities
- Things go less well other days, and you need to focus on your own well-being
- Sometimes, you feel better, and sometimes, you feel worse

It is important to allow yourself to grieve and to take things one day at a time.

There are several ways to show your sympathy and support. Send a message to say that you are thinking of them, or offer to do something for them. It can be a small gesture, such as helping out with a study task or passing on some lecture notes. Let them know that you are available to offer a listening ear or a shoulder to cry on, but also let them know that you respect their need for space.

If you are the one who is grieving, it is important to allow yourself to grieve and to take things one day at a time.

• Most importantly, don't do nothing
- Loss and grief are difficult to talk about. So difficult, in fact, that we would often rather avoid the topic.
- It is not always easy for the people around you to see exactly what you need. Do you need help with daily tasks? Do you need to talk about your loss?
- Give yourself permission to grieve
- Be kind to yourself, and accept that it will be a while before you get back to 100%

The healing process:
- Things go well some days, and you are ready to take on more responsibilities
- Things go less well other days, and you need to focus on your own well-being
- Sometimes, you feel better, and sometimes, you feel worse

It is important to allow yourself to grieve and to take things one day at a time.

There are several ways to show your sympathy and support. Send a message to say that you are thinking of them, or offer to do something for them. It can be a small gesture, such as helping out with a study task or passing on some lecture notes. Let them know that you are available to offer a listening ear or a shoulder to cry on, but also let them know that you respect their need for space.

If you are the one who is grieving, it is important to allow yourself to grieve and to take things one day at a time.

• Most importantly, don't do nothing
- Loss and grief are difficult to talk about. So difficult, in fact, that we would often rather avoid the topic.
- It is not always easy for the people around you to see exactly what you need. Do you need help with daily tasks? Do you need to talk about your loss?
- Give yourself permission to grieve
- Be kind to yourself, and accept that it will be a while before you get back to 100%

The healing process:
- Things go well some days, and you are ready to take on more responsibilities
- Things go less well other days, and you need to focus on your own well-being
- Sometimes, you feel better, and sometimes, you feel worse