FERRIS STATE UNIVERSITY STUDENTS

A note to you on managing your thoughts and feelings about our loss....

We are all saddened by the death of a friend, a fellow resident, and classmate. Dealing with shock and anger, loss, and grieving is a natural part of managing our feelings. Everyone manages this process differently.

Coping with loss and death:

Most of us go through a grieving process involving some elements of surprise or shock, denial, anger, sadness and acceptance. Eventually, even people who were close friends will have less pain and more hope.

Things you can do to help:

- Be supportive to each other and talk openly and honestly with each other.
- Listen and discuss feelings of sadness and anger with others.
- Remember that loss, grief, and helplessness are normal feelings and reactions.
- Treasure and celebrate your memories – they are a lasting part of the relationship/friendship that you will have forever.
- You may naturally find that you are asking why this happened. This may or may not be answerable and it may never make sense.
- Take care of yourself and support your friends and your hall staff.
- Exercise self-care as you start the new semester: work on your physical and emotional self, practice time management, get involved with others, student organizations, and your classes. Talk with your faculty.
- Remember that the Counseling Center is available and free to all students. If you would like to discuss anything with a counselor, please call 591-5968 to arrange an appointment or visit us on the web:

www.ferris.edu/htmls/studentlife/personalcounseling/