



## Grief is a normal response to loss.

It is painful and at times may seem almost unbearable. The loss of someone you care about creates a myriad of emotions. Someone important to you is gone. Life has changed and it hurts.

Some people try coping by denying their pain. This can lead to unhealthy coping skills.

## Counseling can help you cope with grief.



## Ready to share your story?

Address: 2022 15th Avenue, Columbus, GA 31901

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## Learning to Handle Grief



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## Grief is a process.

Some people try to deal with grief by denying the pain of their loss. This can create negative coping skills such as using alcohol, sinking into depression, or withdrawing from a normal routine.

Loss of a loved one can create a myriad of emotions. When someone important to you is gone, it takes time to build a new normal.

## How to Cope:

- Talk about your sorrow with trusted family and friends - it's not a burden to them.
- Eat well and get plenty of exercise.
- Plan ahead for holidays and anniversaries; determine what will make you the most comfortable.
- Begin to slowly build a new normal for yourself.
- Get help if you feel you need extra support.

## Feel like you may need more help to heal after a loss?

You are not alone. All humans experience grief during their lifetime. Find a support group or seek other help. Counseling can help you cope with your experiences of loss.

Find out today if your company offers Employee Assistance Program benefits that include counseling.

**Call us at 706-649-6500**

**The Pastoral Institute is a safe place for peace and healing where you can be heard without fear of judgment. We offer a haven to tell your story, gain hope, and become stronger.**