



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?

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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.

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.

Call us at 706-649-6500