

### The following suggestions may help you through your grieving process:

- Get into and maintain a normal routine as much as possible.
- Spend time with others; avoid isolation.
- Keep a journal, write down all thoughts and feelings associated with the loss.
- Put together a scrapbook of loved ones to keep memories alive.
- Confide in a trusted individual and share your story of the loss.
- Do things that feel good to you that are emotionally and physically healthy.
- Express feelings openly and allow yourself to cry.
- Eat well-balanced meals even if you are not hungry.
- Reach out to people and groups that can offer support and help.

If the healing process becomes too overwhelming, seek professional help.



### OC Links

Behavioral Health Information & Referral Line  
(855) OC-LINKS or (855) 625-4657  
TDD Number: (714) 834-2332  
[www.ochealthinfo.com/bhs/about/pi/oclinks/](http://www.ochealthinfo.com/bhs/about/pi/oclinks/)  
Monday - Friday, 8 a.m. to 6 p.m.

### Crisis Assessment Team

Emergency Psychiatric Evaluation  
(866) 830-6011  
7 days a week, 24 hours a day

### 24 Hour Suicide Prevention

(877) 7 CRISIS or (877) 727-4747  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

### NAMI WarmLine

Non-crisis support  
(877) 910-WARM or (877) 910-9276  
[www.namio.org](http://www.namio.org)  
Monday - Friday, 9 a.m. to 3 a.m.  
Saturday - Sunday, 10 a.m. to 3 a.m.

### 211 OC

Community Resources in Orange County  
Dial 211  
[www.211OC.ORG](http://www.211OC.ORG)

### SAMHSA

24/7 Disaster Distress Helpline  
(800) 985-5990 or  
Text TalkWithUs to 66746  
[www.disasterdistress.samhsa.gov](http://www.disasterdistress.samhsa.gov)



### Behavioral Health Services Disaster Response

405 W. 5th Street, Suite 211  
Santa Ana, CA 92701

[www.ochealthinfo.com/bhs](http://www.ochealthinfo.com/bhs)

## WHAT IS GRIEF

Grief is a natural response to loss, particularly to the loss of someone or something to which a bond was formed. Losses can include a loved one, employment, pets, status, safety, control or possessions. Our response can vary and is influenced by personality, family, culture, religious beliefs and how close we were to the person, pet or lost item.

### Common Physical Reactions

- Insomnia
- Fatigue, weakness
- Loss of appetite or overeating, stomach distress

### Emotional

- Grief, depression
- Loss of emotional control
- Depression, anxiety

### Cognitive

- Poor concentration
- Disorientation of time, person or place
- Poor problem-solving

### Behavioral

- Inability to rest
- Change in social activity
- Isolating



## STAGES OF GRIEF

### X DENIAL

**"This can't be happening to me."**

This protects people from experiencing the intensity of the loss.

1

### ☹ ANGER

**"It's not fair. How can this happen to me?"**

This reaction usually occurs when a person feels helpless, powerless or abandoned.

2

### 🤝 BARGAINING

**"I'll give my life savings if..."**

Negotiation with a higher power.

3

### ☹ DEPRESSION

**"I miss my loved one. Why go on?"**

After recognizing the extent of the loss, individuals may become silent, isolate or spend much of their time crying and grieving. Changes in sleep and/or appetite, lack of energy, concentration or crying spells are typical symptoms. Feelings of loneliness, emptiness and/or self-pity can surface during this phase.

4

### 😊 ACCEPTANCE

**"It's going to be okay."**

This final stage comes with peace despite the loss.

5

## COPING WITH GRIEF

Grief is a normal part of life. Support from friends, family, faith-based communities, support groups and/or a behavioral health professional may help your healing process. Everyone reacts differently. Your experience is unique to you. Support can come from a number of sources:

### Family/Significant Other/Friends

Talking about your loss may make the burden of grief easier to overcome.

### Faith-Based Community

Your religious community can give you emotional support.

### Support Group

There are many support groups for people who are grieving. These groups include people who have lost children, survivors of suicides and many others.

### Therapists and Other Professionals

Consider seeking professional help if the following symptoms keep you from overcoming:

- Problems falling or staying asleep
- Decrease or increase in appetite
- Feelings of sadness or emptiness
- Difficulty concentrating
- Feelings of hopelessness

