

Support Guide

Grief



Grief



What is grief

Grief is a natural and complex response to loss. As a university student, you may experience various forms of loss, such as the death of a loved one, the end of a relationship, or other significant changes. Coping with grief is a personal journey, and this guide aims to provide you with strategies and support to navigate this challenging process while prioritizing your mental health and wellbeing.

Effects of Grief on University Student Life

- Academic Performance

Grief can impact your ability to concentrate, retain information, and complete assignments. You might find it challenging to focus on your studies as your mind processes feelings of sadness and loss.

- Emotional Wellbeing

Grief can trigger a range of emotions, including sadness, anger, guilt, and anxiety. These emotions may affect your mood, causing you to feel overwhelmed, irritable, or emotionally distant from others.

- Social Interactions

It is common to withdraw from social activities and relationships while grieving. You might feel isolated or unable to connect with peers, which can lead to a sense of loneliness.

- Physical Health

Grief can manifest physically, leading to fatigue, changes in appetite, disrupted sleep, and a weakened immune system. It is important to prioritize your physical health during this time.

- Time Management

Grieving takes time and energy, potentially affecting your ability to manage your schedule effectively. You might find it difficult to balance coursework, assignments, and personal responsibilities.

- Motivation and Engagement

Grief can impact your motivation to participate in classes, engage in extracurricular activities, or pursue hobbies. You might feel less interested in activities that once brought you joy.



What can you do?

✓ Understand Your Feelings

Acknowledge and accept your emotions. Grief can bring a range of feelings, including sadness, anger, guilt, and confusion. Allow yourself to feel these emotions without judgment.

✓ Self-Care

- **Prioritize Sleep:** Maintain a consistent sleep schedule to support emotional resilience.
- **Balanced Diet:** Nourish your body with nutritious foods to fuel your emotional wellbeing.
- **Physical Activity:** Engage in regular exercise to boost your mood and reduce stress.
- **Create a Routine:** Establishing a daily routine can provide a sense of structure and stability during a difficult time.

✓ Express Yourself

- **Journaling:** Write down your thoughts and feelings to process your grief.
- **Creative Outlets:** Engage in creative activities like art, music, or writing to express your emotions.

✓ Allow Yourself to Grieve

Grief is not linear and has no fixed timeline. Allow yourself to grieve at your own pace and be patient with yourself.

✓ Honor Your Loss

Find meaningful ways to remember and honor what you have lost. This could involve creating a memorial, participating in rituals, or engaging in activities that bring positive memories.

✓ Mindfulness and Relaxation

Practice mindfulness techniques, such as deep breathing and meditation, to manage stress and stay present.

✓ Connect with Others

- **Share Memories:** Talk about the person or situation you have lost. Sharing memories can be healing.
- **Supportive Relationships:** Surround yourself with people who provide empathy and understanding.

✓

Seek Professional Help

If your grief becomes overwhelming or prolonged, consider seeking help from a mental health professional. They can offer tailored support and coping strategies.

Remember that grief is a personal journey, and there is no right or wrong way to experience it. Allow yourself the time and space to grieve while also seeking healthy coping strategies that promote your mental health and wellbeing.

Speak to someone at **the BUE Student Hub Counselling Service** where advisors can help you with the techniques above.

You can pass by our offices at the BUE Library Lower Floor.

Not on campus and want more information? You can contact us anytime via our email address **thestudenthub@bue.edu.eg**

The student Hub is a safe, friendly and free space for you. We are here to help you. We are listening.

