COMMON GRIEF REACTIONS

- **Sadness and depressive symptoms.** Crying, lashing out at others, feeling ‘on edge’ or irritable, sleeping more, or insomnia, loss of interest, eating more or loss of appetite.

- **Externalized behaviors.** Pushing boundaries, emotional outbursts over inconveniences.

- **Anticipatory grief.** Thinking of the future and imagining the worst, ‘what if’ thinking.

- **Feelings or statements of despair.** Feeling out of control, ‘all or nothing’ statements.

WHAT CAN HELP?

- **Allow yourself to experience your feelings.** They are valid, and you may feel better after sitting with, and naming the ways you are feeling. Share your thoughts with your peers, they are likely feeling a similar way.

- **Hunt the good.** When you hear yourself in a negative spiral, remind yourself of the aspects of your senior year you are grateful for. Share funny memories with friends.

- **Get innovative with how you socialize.** Utilize technology to see and talk to your friends. Create new memories, play games, and lift each other up. Create a plan for interacting with each other regularly.

- **This is temporary.** You are in the midst of a global situation that you cannot control but you have tools to control your personal reactions and interactions with others.

NEED MORE HELP?

- **Mental health agencies** are taking new clients via phone or video conferencing.

- **Apps like Calm and Headspace** offer exercises to promote mindfulness and positive thinking.

If you are having thoughts of self-harm or suicide, call

- **911** in an emergency

- **National Suicide Prevention Lifeline:** 1-800-273-8255

- **Crisis Text line:** Text HOME to 741-741