

“Traumatic grief is a form of grief that happens in response to a sudden and unexpected loss. Grieving is always difficult and when a loss is sudden, coping in the aftermath can feel impossibly hard...{Grief} can affect people in all sorts of ways.”  
(psychcentral.com)



## Traumatic Grief

### Emotional Responses

- Anger
- Fear
- Sadness
- Shame
- Numbing

### Physical Reactions

- Agitation
- Sleep Disturbance
- Stomach upset
- Muscle tension

### Cognitive Reactions

- Over-perceiving danger
- Excessive guilt
- Intrusive thoughts & memories

### Healthy Coping

- Acknowledge feelings
- Think about it
- Talk about it
- Stay social

### Unhealthy Coping

- Avoidance
- Isolation
- Substance Use
- Sleeping all day

### When to Seek Help

- Grief is negatively impacting life
- Difficulty eating
- Difficulty sleeping
- Not taking care of self

**Who can support you and help you find other resources?**

<b>Student Services</b>	<b>Health Center</b>	<b>Teachers/Coaches</b>	<b>Friends/Family</b>
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