Grief is a natural part of life, and is experienced by most people at some point. Grief can occur in response to losing a loved one through death or separation, losing a job, or having a change in your life. Grief is expressed in many ways, and there is no set pattern or time frame.

Some of the common grief reactions may include:
- Denial, shock
- Crying frequently
- Fatigue, insomnia, or oversleeping
- Loss of interests
- Forgetfulness or difficulty concentrating
- Withdrawing from other people
- Feeling as though you are not part of the world
- Anxiety, including difficulty breathing and a feeling of panic
- Restlessness and an inability to relax.

What you can do to cope with grief
- Don’t be frightened of your grief reactions, they are normal.
- Try not to be impatient - with time the intensity of your grief will lessen.
- Express your feelings in a way that feels comfortable for you.
- Don’t feel guilty if you find it hard to cry.
- Share your grief with close friends and family. Let them support you in practical ways as well.
- Give yourself permission to ask for help.
- Look after yourself by eating regular meals and exercising.
- Reduce your expectations by limiting more demanding activities.
- Try to maintain some regular, basic routines and participate in activities you enjoy, even though you may not feel like it.
- Take time out for yourself.
- Avoid making major decisions such as moving house or changing jobs.

How to help others cope with grief
- Ask how they’re feeling, and let them know that you care.
- Ask them how you can help.
- Let them know that it is okay to talk about their feelings or ask for help.
- Remember to also look after yourself when supporting others.

Help on campus
If you are feeling overwhelmed by your feelings, or if grief is impacting on your day to day functioning, reach out for support.
Contact University Counselling and Psychological Services on (02) 4921 6622.

Online resources
BeyondBlue
Lifeline
ReachOut Australia
au.reachout.com/tough-times/grief-and-loss