



# GRIEVING

Everyone reacts to grief differently. Some common reactions include:

- Disbelief, shock or numbness
- Sadness
- Guilt
- Anger
- Longing for mob or country
- Excessive worry

Students are supported to engage in Sorry Business. It is sometimes hard to attend Sorry Business as you may want to remain engaged in study and not return home. It may help to yarn with a trusted person about this.

Some students may find it hard to get back to their mob for whatever reason. Perhaps try to acknowledge your reaction and try to be compassionate or caring towards yourself. What can you say to yourself to this? What might you do? Try to do activities that help you, or give you meaning and purpose, and reach out for help if you become overwhelmed.

Often it can be hard returning from Sorry Business and coming back to university. If you find you are withdrawing from things you normally like to do or really finding it hard to be back, please reach out for help.

Some staff and students across the university may not understand the importance of Sorry Business. If you are having difficulties explaining it to others please contact a Student Advancement Officer at Wollotuka for support.

For more information and support:

Grieving the Aboriginal Way

<http://juwarki.org.au/wp-content/uploads/2011/10/Grieving-Aboriginal-Way.pdf>

13 YARN: <https://www.13yarn.org.au/>



## WOLLOTUKA WELLBEING

Wollotuka Counsellor  
02 4921 6469

The Wollotuka Institute  
02 4921 6863

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Artwork: *Stronger Together* (2021) Artist: Darleen Cooper

