

Action Plan

Create your own Plan to Cope with Grief

Write down the top 5 skills you will use to cope with grief:

1. _____
2. _____
3. _____
4. _____
5. _____

List 3 people you will speak to when you are having a difficult time:

1. _____
2. _____
3. _____

*Barbers and stylists are trusted members of the Black community who provide a sacred space where their clients often share successes and stresses, including stories related to mental health. **Project HairCare** is focused on expanding these stories in the shops and the community by providing tools and resources to increase awareness, education, and understanding about mental health and wellness.*

*To contact **Project HairCare** and get resources, please call **800-209-3569** or scan the QR code*



Bereavement & Grief



What You Need to Know about Bereavement & Grief

Bereavement is having a significant loss because of a death. **Grief** is your personal reaction to the loss.

What is “Normal” Grief?

People express grief differently. Therefore “normal” grief can look very different from person to person and from situation to situation. How people respond to the death of a loved one depends on many factors. People express both physical and emotional symptoms of grief. The way a person expresses grief over time can change and can also vary from person to person. For a short period of time (around 18-24 months) these different ways of grieving for different people is normal.

- **Physical Symptoms:** Dizziness, shortness of breath, tightening of the throat or chest, weakened immune system, sleeping too much or too little, trouble concentrating, fatigue, low energy, memory problems, pain in your body, headaches, eating too much or too little, extreme restlessness.
- **Emotional Symptoms:** Confusion, shock, denial, numbness, sadness, irritability, anxiety, crying unexpectedly, withdrawing from others, searching for the loved one, hearing their voice or seeing them even though they have died, and having odd or frightening dreams of the loved one.

How Long will Grief Last?

- How long a person grieves is different for everyone.
- Most people will begin to recover within 18 to 24 months.
- Reactions to grief can be stronger during special dates such as holidays, birthdays, celebrations, and the anniversary of the loved one’s death.
- Avoiding your feelings may not be helpful in the long run and can prolong grief.
- While individuals recover from grief, it is normal to continue to feel sadness or loss and to experience some others (described above) symptoms at times.

How to Cope with Bereavement & Grief



Talk to People you Love and Trust. Let people support you and don’t hesitate to ask for the support you are needing. Ask for what you need which might include simply listening. Consider joining a grief support group or talking to a grief counselor for additional support.



Take Care of your Health. When grieving, it can be easy to neglect your own basic needs. Help yourself or a loved one who is grieving by meeting daily needs such as eating regularly, taking medications as prescribed, and exercising and bathing.



Postpone Major Life Changes. Give yourself time to grieve before making significant life decisions such as changes to your job or living situation.



Celebrate your Loved One. Find a way to memorialize your loved one by honoring their memory and sharing it with others. Some plan a tree, dedicate a work to their memory, contribute to a charity in their name, or another creative act that reminds you of your loved one.