



Grief is a normal and natural, though often deeply painful, response to loss. The death of a loved one is the most common way we think of loss, but many other significant changes in one's life can involve loss and therefore grief. Everyone experiences loss and grief at some time. The more significant the loss, the more intense the grief is likely to be.

Each individual experiences and expresses grief differently. For example, one person may withdraw and feel helpless while another might be angry and want to take some action. No matter what the reaction, the grieving person needs the support of others.

**Further Information can be found at:**

Counseling services, visit the Aquinas Career and Counseling Services website, call, or stop in

Dealing with Grief and Loss, go to [www.aarp.org/griefandloss](http://www.aarp.org/griefandloss)



Donnelly Center Downstairs

Phone: 632-2905

<http://www.aquinas.edu/ccs/counseling/>



