

BABSON COLLEGE

| Counseling and Psychological Services

LOSS AND GRIEF

Free appointments are available for consultations or in-person meetings with our staff. Please do not hesitate to call us or come to the Counseling and Psychological Services (CAPS) office and set up an appointment.

781-239-6200, option 1

Park Manor South Annex

Unexpected loss and grief can, at times, overwhelm your natural ability to cope. You may now be experiencing or may experience later some strong physical, cognitive, emotional, or behavioral reactions. It is very common, in fact quite normal, for people to experience emotional aftershocks when they experience the loss of a loved one and/or a traumatic event.

Sometimes the stress reactions we experience appear immediately after the loss or traumatic event. Sometimes they may appear a few hours or a few days later. And, in some cases, weeks or months may pass before the stress reactions appear. It is important to note that grief and its related reactions manifest differently for each person and there is no “right” or “wrong” way to grieve.

The signs and symptoms of a stress reaction may last a few days, a few weeks, or a few months and occasionally longer depending on the severity of the loss or event. Needing assistance does not imply a mental disorder or weakness. It simply indicates that the particular event was just too powerful for you to manage alone. The staff at the Babson College Counseling and Psychological Services (CAPS) are here to help you manage.

COPING WITH TRAGEDY AND LOSS

- Remember that you are having normal reactions to a tragic situation.
- Be gentle and patient with yourself.
- Give yourself permission to feel.
- Structure your time – keep busy, but also make time for yourself.
- Make small, daily decisions which will give you a feeling of control over your life.
- Do not make any big life changes.
- Spend time with others.
- Seek out spiritual or cultural support.
- Talk to people if you are ready.
- Avoid numbing the pain with overuse of drugs or alcohol.
- Drink plenty of water or other non-caffeinated, low sugar liquids.
- Eat healthy foods (e.g., fruits, vegetables, beans, high fiber, and high protein).
- Where applicable, avoid media coverage of the event as it can exacerbate existing symptoms.
- Take breaks from social media posts that focus on the event.
- Within the first 24-48 hours, periods of strenuous physical exercise alternated with relaxation will alleviate some of the physical reactions.
- Keep a journal.
- Listen to soothing music.
- Use relaxation strategies such as meditation or deep breathing.

Most importantly, make sure you are taking care of yourself and reaching out to those around you!

BABSON COLLEGE

Students receive

FREE IMMEDIATE ACCESS TO TELETHERAPY

Immediate appointment with a therapist based on your needs and preferences.

Scan the QR code to get started.

Experiencing a mental health crisis?

Help is available 24/7

781.239.6200 option 2

*For a medical emergency,
call Babson Public Safety at 781.239.5555*



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