



THE WHALE WATCH

"Looking Out for Yourself and Others"

Dear Students,

As cancellations and restrictions continue to unfold, the staff at the **Center for Student Wellness and Counseling Services** has been reflecting as a group on managing loss. Whether it has been the loss of an event, daily routine, community, or sense of predictability; emotions can be rapidly changing and appear to lack basis.

We would like to validate the many emotions you may be feeling related to grief. Many of you may be familiar with the infamous *Kubler-Ross model for The Five Stages of Grief* but we encourage you to explore ***The Wright Model for the Seven Stages of Loss.***

While these models were initially used to explore grief related to death of a loved one, many clinicians apply the stages to all types of loss.

We hope this Wright Model helps normalize emotions and provide psychoeducational explanation. ****Please note: these stages are NOT in a linear progression (you do not have to go through stage 1 first before you can get to stage 2, etc.).***

In This Issue:

- Focusing on the present
- Goals
- Self-Care, Self-Care, Self-Care
- Know who you are
- "Vibe with your tribe"

“one of the
happiest moments
ever is when you
feel the courage
to let go of what
you can't change.”
— Robert Tew

Having Power When You Feel Powerless

A helpful skill in a time of loss is focusing on the power you do have in this situation, even if you are feeling powerless. Think of this as a to-do list to take back control.

Focus on the present. You only have power within the current moment- you cannot change the past or accurately predict the future, so your best bet is to put your energy into the present.

Have a goal- even a minor one. You will need motivation to achieve something that is not related to your current loss. Allow this goal to change as you feel it is completed and as you need new motivation.

Self-care, self-care, self-care. Sleep-eat-meditate-pray-run- in my case, eat again... do whatever makes you feel whole. These tasks allow us to organize, energize, and synchronize despite the situation we might be in.

Know who you have to be right now. Do you really need to monitor

social media constantly for updates? Is it your responsibility to police your neighbors to stay indoors? Do you have to be the lead advocate for a taco truck on your street? (this might be a yes...). You get the drift- do what you need to do to stay healthy and that's it. You can re-engage in the advantageous experiences once you have allowed yourself to properly grieve.

Vibe with your tribe. Every crisis has a community. Find a support group to encourage you. Allow people that have experienced similar losses and have healthy resources help you.

Come along with CSWCS and 'Vibe with our Tribe' as we provide support in creative ways during these unprecedented times.



"Everybody thinks of changing humanity, but nobody thinks of changing himself." - Leo Tolstoy

In the meantime, continue to:

Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety or fear
- Changes in appetite, energy, and activity levels
- Difficulty concentrating
- Difficulty sleeping or nightmares and upsetting thoughts and images
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Anger or short-temper
- Increased use of alcohol, tobacco, or other drugs

Please remember if you are experiencing these types of feelings or behaviors for several days in a row and are unable to carry out normal responsibilities because of them please reach out to our office 330.325.6757 or these [local crisis resources](#).

Sincerely,

**The Center for Student Wellness
and Counseling Services**

330.325.6757

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