Disasters are upsetting experiences for everyone involved. The emotional toll that disaster brings can sometimes be even more devastating than the financial strains of damage to one’s home and personal property.

Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It is a natural part of life.

Grief lasts as long as it takes you to accept and learn to live with your loss. The time spent grieving is different for each person. For some people, grief lasts a few months; for others, grieving may take years. Reasons for these differences include personality, health, coping style, culture, family background, and life experiences. It also depends on how prepared you were for the loss.

Please keep the following points in mind:

➢ Everyone who sees or experiences a disaster is affected by it in some way.
➢ It is normal to feel anxious about your own safety and that of your family and close friends.
➢ Profound sadness, grief, and anger are normal reactions to an abnormal event.
➢ Acknowledging your feelings helps you recover.
➢ Focusing on your strengths and abilities helps you heal.
➢ Accepting help from community programs and resources is healthy.
➢ Everyone has different needs and different ways of coping.

For more information or questions about coping with disaster and grief, please speak with your supervisor or contact a member of the Campus Life Safety and Regulatory Compliance team.