



## In the Here and Now... Living Forward with Loss and Change

“In this here and now emotional pain maybe an overwhelming reality.

Remembering what was and expected, while grappling with our here and now frames a sense of lost or change we never thought could be possible. While living in this space in time, we may find ourselves facing gaping holes of emotional, physical and even spiritual pain - with a sense of shattering.

Though we face such challenges to our sense of **inner strength**, which is so needed to endure and cope, let it be remembered -**though physically distant- no one is ever alone.**

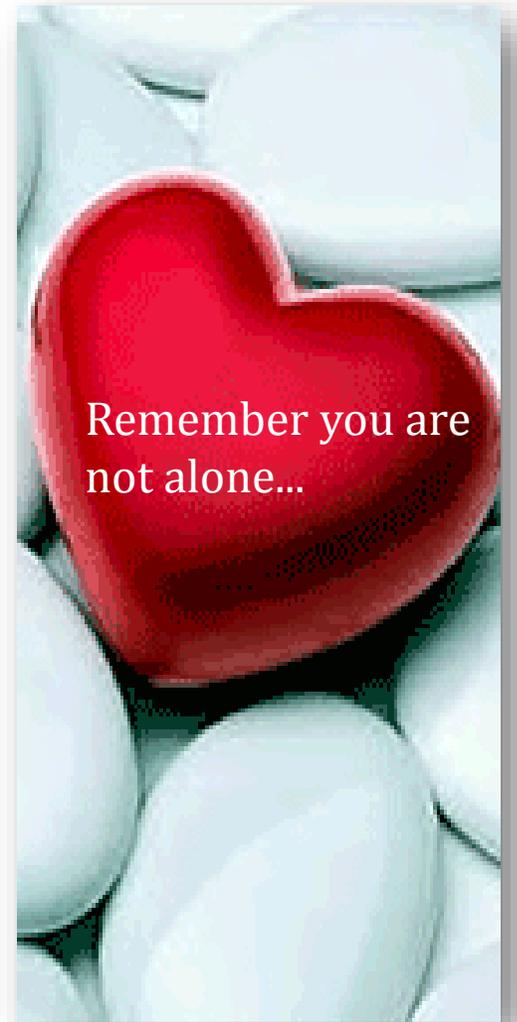
**We are here for each other.**

As we creatively strive to remain connected, may we give each other permission to be open and honest, in the sharing of our pains and vulnerabilities, and even the ways we strive to remain whole - finding or claiming what we know as our personal resiliency.

Also, as we live forward, may we give our inner selves the permission to practice **self-love and compassion**, as we take time to open up precious spaces of patient - loving - kindness for others. “

# Elements to Support the Grieving Process

- Give yourself permission to acknowledge the pain you are feeling.
- As you grieve, know that grief can trigger many different and unexpected emotions.
- All grieving processes are individual and unique. Others cannot tell you the best way to grieve nor how long the process should or will take over time.
- Seek out support from people. Connect with persons you will not need to protect from your pain, if you need to cry or want to share.
- Be safe with yourself. As you move forward, one day at a time recognize the difference between grief and depression. If overtime your pain intensifies and makes it even more difficult to do things you desire or try to do, please share this with a professional counselor or support person.



## Take Steps To Support Yourself

### Care For Your Physical, Emotional And Spiritual Being...

- Journal whenever you desire -releasing thoughts and feelings from your mind and heart.
- Practice mindfulness, listen to your uplifting music, doodle, color, write your story.
- Move your body to release tension - stretch, dance, exercise, practice restorative yoga, or just walk.
- Be present with nature.
- Hug your pet.
- Use your personal tools, which support your spiritual desires, listen to the soothing music, read the books and writings, which leave you at peace.
- Develop a personal morning, noon or evening routine, which will support and give you comfort.

Elements to Support the Grieving Process

Counseling Center  
Spelman College  
350 Spelman. Lane, Box 1527  
Atlanta, Georgia 30314  
Office: 404-270-5293  
[www.spelman.edu](http://www.spelman.edu)

Georgia Crisis and Access Line  
1 (800) 715-4225

Need Help? Crisis Text Line  
Text GA to 741741



## Resources

*"You may not control all the events that happen to you, but you can decide not to be reduced by them." – Maya Angelou*

National Suicide Prevention Lifeline  
1 (800) 273-8225 (Phone)  
<https://suicidepreventionlifeline.org/chat/>  
(Online Chat)

Veteran's Crisis Line (open to non-veterans)  
1 (800) 273-8225 (Choose Option 1)