

SHIELD FOR SUCCESS

Valparaiso University's Counseling Center monthly tips for success and promotion of overall wellbeing

In this issue:

- Instructions
- Dealing with Grief & Loss
- Helpful Resources on Grief & Loss
- Daily Exercises to Cope with Grief & Loss

Instructions

Step 1: If you choose to participate, first rate your mood on a 1-10 scale, you can use the Mental Health Pain scale provided below.

Step 2: Each day you will have the opportunity to complete a different exercise. On weekdays, Monday through Friday, pick one exercise from the list provided for you below. On weekends, Saturday & Sunday, choose one exercise that you felt improved your mood the most, these exercises do not have to be from the exercises provided.

Step 3: After implementing the exercise, rate your mood using the same scale as Step 1.

Dealing with Grief & Loss

As we approach the holiday season there are many that will experience grief in a variety of ways. It may be due to the loss of a loved one, impact of financial difficulties, results from the recent election, or loss of freedom due to COVID-19. All these events can create a sensation of grief, loss, and disconnection that can impact one's mental health. Therefore we have compiled resources and daily practices to help develop resilience and hope while living through these difficult times.

"What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us." Helen Keller

Helpful Resources on Grief and Loss

- [Resilient grieving: strategies for coping with loss and change](#)
- [8 Suggestions for Coping With Grief](#)
- [Coping with Grief and Loss](#)
- [Five Coping Skills You Need to Work Through Grief](#)
- [Coping with Grief and Loss](#)

A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com

M I L D		1 Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
		2 You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
		3 Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
M O D E R A T E		4 Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
		5 Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
		6 You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
S E V E R E		7 You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
		8 You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
		9 You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
		10 The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.



Daily Exercises to Cope with Grief & Loss

- Mindfulness**
Focusing on the moment you are in can bring peace ([Mindfulness activities can be found on Tao Connect](#))
- Write in a journal**
- Talk to someone**
Share your emotions with someone you trust
- Exercise**
[Valparaiso's Fitness Channel](#):
- Preserve memories**
Get creative! Make a painting, sketch, jewelry, pottery, etc. in remembrance of a fond memory.

*Additional exercises can be found in the resources above.

Created by Olivia Gorman, MA, NCC, LMHC, and Ricardo Carrillo, MA.

If there are any topics you are interested in seeing or learning more about please email counseling.center@valpo.edu, subject Shield for Success topic ideas.