Good Grief!

The concept of grief has been on my mind a lot lately. I am unsure if any of you can relate, but as a social worker, I am noticing an increase in people seeking help and the need for resources. I truly believe that grief is not just limited to the loss of a loved one, but something that we all experience. For example, if you have been in the workforce for a bit of time, you may have experienced the loss of a job, and I think it is important to remember that you are not alone in your experience.

According to the Centers for Disease Control and Prevention, grief is a normal part of life. It is the experience of responding to the loss of a loved one, but it can also be experienced in response to the loss of employment, the loss of a home, or other significant losses. People experience grief in different ways, and it can be difficult to know how to respond.

Therefore, if you have experienced any sort of loss recently, I suggest you allow yourself time to properly grieve and do not be afraid to allow your loved ones to help you through the process. I also think it may be a common misconception that grief is only associated with the loss of a loved one. I think grief can manifest due to any sort of loss, such as a missed job opportunity, a past which no longer exists, or the inability to control a situation.

As a student body who are dedicated to the advancement of social justice and wellbeing, I want to share a recent study I came across that shed light on how to handle grief. According to the study, if you are experiencing grief, you may feel like you are alone, but you are not. In fact, 50% of Americans experience grief in the next 18 months. I also think it is important to remember that grief is not something that can be quickly resolved, but a process that takes time.

So, to all of you who may be struggling with grief, remember that you are not alone. Let’s work together to make this a safer world for all of us.