



## **OFFICE OF COUNSELING SERVICES**

INDIANA UNIVERSITY NORTHWEST

A Division on Student Affairs and Enrollment Management

**Fall 2020 Newsletter: Issue 18**

**Writer: Alexandra Copeland, LMHC, Counselor**

**Barbara Dahl, MSW, LCSW, Director of Counseling Services**

**Stephanie Gyure, MSW Intern**

### **Increasing Resilience & Managing Grief and Loss**

2020 has been a challenging year. COVID-19 has brought uncertainty and unpredictability. Unemployment, financial insecurities, health fears, grief and loss, and social isolation are just some of the effects of the coronavirus pandemic. Resilience, otherwise known as the ability to cope with challenges and adversity, has the ability to evolve and strengthen.

Our country is also grieving the senseless murders that have occurred recently within the Black community. Breonna Taylor, George Floyd, and Ahmaud Arbery are just a few of the innocent souls lost just this year--- some by police-- others by private citizens. Stress and grief in attempting to process all of the variables associated with these murders and others like them can understandably exist and be difficult to process alone.

#### **5 strategies to use to help increase resilience during stressful times:**

- 1) Practice meditation and breathe.** Allow your mind and body to relax and refresh. Utilize these mindful meditation practices available on the IUN Counseling Office website: <https://www.iun.edu/counseling-services/screening-tools/index.htm>
- 2) Seek out social support.** Even with the current times of social distancing, it's important to maintain social connections. Maintain your social relationships through video chat, texting, phone calls, and follow CDC recommendations for in person gatherings.
- 3) Take care of yourself.** Whether that's getting a good night's sleep, engaging in physical activity, or spending time doing pleasurable hobbies/interests. Try and set a goal each week of adding one new habit or ritual to help take better care of yourself.
- 4) Find purpose.** Finding purpose during challenging times can help us feel more in control. Try and find self-empowerment by helping others. This could include volunteer work or providing support to a family member or friend.
- 5) Maintain a positive and hopeful outlook.** Reflect on 3 good things each day. The smaller the better. These can be things that you're grateful for and also include pleasant or happy moments that occurred that day.

#### **Ways to help manage grief and loss:**

- 1) Be proactive.** Manage grief through doing. This could include joining a supportive cause. Engage in helpful discussion. Learn and reflect.
- 2) Accept your feelings and emotions.** Allow yourself to feel what you're feeling. Give yourself time to process and express your emotions.
- 3) Become an ally.** Show and express support. Stand up to racism and injustice. Ask how you can do better.



Perhaps it would be helpful to talk to a professional counselor about increasing your resilience and managing grief/loss. The Office of Counseling Services remains open for current and new clients. **The process to schedule an appointment will be electronic by sending your request to the OOCs email address at [iunoocs@iun.edu](mailto:iunoocs@iun.edu) from your IU email address or calling 219-980-6741.** Our hours are Monday -Friday 8am -5pm. Once we receive your request for counseling you will be contacted by a counselor who will complete an intake assessment to determine the best level of service which could include Telehealth by phone, video (Zoom Health), or a referral to one of our community providers.

Please be assured that your information will continue to be handled with the same level of professionalism and confidentiality that you would expect in person. **If you are experiencing life threatening thoughts or behaviors you should: call 911, proceed to the nearest hospital emergency room, call the National Suicide Prevention Lifeline @ 1-800-273-8255 or text 741741.**