Grief Reactions
• Shock and disbelief
• Numbness
• Sadness
• Guilt
• Anger
• Fear
• Anxiety
• Thinking or dreaming about the loved ones
• Physical symptoms, e.g., fatigue, headaches, dizziness, lowered immunity, weight loss or weight gain, aches or pains, insomnia

Coping with Grief
• Try to be aware of your feelings, accept them as they are.
• Allow yourself time and room to grieve and heal the pain.
• Express your feelings in a tangible and creative manner.
• Engage in pleasurable and relaxing activities.
• Take good care of your health; have sufficient rest and relaxation.
• Talk with family and friends and seek their support.
• Seek religious support if needed.
• Plan ahead for the dates or activities which may remind you of your loss, e.g., birthday of the deceased, anniversaries and funerals.
• Join a support group and share with people who have gone through similar experience.
• Seek professional help, e.g., Student Counselors, medical professionals, grief counselors, clinical psychologists and social workers.

Reference:

Seeking Professional Help
The University provides counseling services for undergraduate and postgraduate students. You may check out our Counselors’ profiles on our webpage and make an appointment with them online. Two weeks’ advance booking is allowed. Please be reassured that all information shared and anything discussed during counseling sessions will be strictly confidential.

Counseling and Wellness Center
Room 5003 (via lift 3)  http://counsel.ust.hk
Email: counsel@ust.hk  Tel: (852) 2358-6696
24/7 HEARing: (852) 8208-2688
This is a helpline exclusively for all HKUST students. Counselors are from Christian Family Service Centre.

Critical Incident and Grief

Life is uncertain. When facing a disaster or a critical incident, you may be confused and shocked. Since these events are extremely stressful and overwhelming, our bodies, emotions, and thoughts may also be affected. You will finally manage over time and get on with your life.
Self-care

It is normal for people to have many different reactions resulting from the same incident. Taking care of yourself is the most important concern in these times.

- Accept that your reactions are normal and natural in face of critical incidents; do not think that you are going crazy.
- Have a regular and healthy life routine.
- Have sufficient rest.
- Engage in pleasurable activities.
- Talk to your family and friends and seek their support.
- Accept that the situation is difficult and don’t blame yourself.
- Do not use smoking, drinking or other substances as a means to numb yourself.
- Do not force yourself to recover in a very short period of time.
- Do not force yourself to suppress negative memories or feelings.
- Seek professional help when needed, e.g., Student Counselors, psychiatrists, clinical psychologists and social workers.
- If the reactions associated with the disaster or critical incident persist for more than one month or they affect your ability to function during your daily life, please seek professional help as soon as possible.

When a loved one passes away ...

When you lose someone you love you may experience grief and an immense sense of loss. You need time and room to heal this pain. When you grieve, you may experience the following emotions and go through these stages.

Denial:
Upon learning or thinking about your loss, you may feel shocked and doubt if it actually happened. You may even deny it.

Anger:
You may feel angry about your loss and try to blame people or entities which you consider to be responsible for your loss.

Bargaining:
We will try to think of ways to reverse your loss even though you acknowledge its impossibility.

Depression:
You feel sad about our loss and acknowledge that there is nothing you can do to recuperate your loss.

Acceptance:
You accept the loss and can face it in a relatively stable manner.

Everyone grieves differently and there is no fast-and-hard rule about the time required for healing. People may not go through the stages mentioned above in a sequential manner. Ups and downs do happen in the process of grieving. As time goes by, the pain will become less intense and last shorter.