BUILDING RESILIENCE IN TIMES OF LOSS

- All of us have experienced grief as a result of loss, at differing magnitudes, during different times of our lives.

- Regardless of the type of loss, it is important to acknowledge the loss and how we feel about it.

- As we grieve a loss, we can search for meaning in it to build our resilience in circumstances that are otherwise outside of our control.

"We tell ourselves things like, I feel sad, but I shouldn’t feel that; other people have it worse. We can, we should, stop at the first feeling. I feel sad. Let me go for five minutes to feel sad. Your work is to feel your sadness and fear and anger whether or not someone else is feeling something."
- David Kessler, author of *Finding Meaning: The Sixth Stage of Grief.*

“In some ways suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice.”
- Viktor E. Frankl, *Man’s Search for Meaning*

Resources

- [Brene Brown Unlocking Us podcast](https://www.brenebrown.com/podcast/), On Grief and Finding Meaning
- [Action For Happiness](https://actionforhappiness.org/meaningful-may-calendar), Meaningful May Calendar
- [University Counseling Center](https://counselingcenter.umd.edu/)

Content inspired by PositivePsychology.com
# Building Resilience in Times of Loss

- **Name what you have lost and the accompanying feelings.**

- **Why were they important to you? What values did they tap into?**

- **How can you celebrate and honor what you have lost? What rituals will help you with that?**

- **How can you be helpful to others in alignment with your values during a time of loss or grief?**