

# Bereavement Overload

## And 5 Healthy Ways to Cope With Grief



### Bereavement overload:

The way you feel after experiencing one loss after another without having the time and opportunity to cope.



This feeling is also known as **cumulative grief** or **grief overload**.

### Bereavement Overload Risk Factors

You might be at higher risk for bereavement overload if you:



Lack strong social support



Find emotional expression difficult



Have a history of mental health struggles

### The Effects of Bereavement Overload

People experiencing bereavement overload often exhibit:



Numbness



Avoidance



Guilt



Fatigue

### How to Cope With Cumulative Grief



#### Talking to someone

you trust can help you express your feelings and realize you aren't alone.



Reach out to a loved one and schedule a time to get lunch or chat over the phone.

#### Writing in a daily journal

helps you express your grief and articulate the emotions you're feeling.



Don't censor yourself. Set a 5-minute timer and jot down everything that comes to mind.



#### Practicing mindfulness

helps you live in the present moment, accept your loss and cope with your feelings.



Set aside 5-10 minutes per day to sit and follow your breath in a peaceful environment.

#### Creating a daily routine

helps you prioritize self-care and recover from stress.



Write out a daily to-do list for the following day before you go to sleep.



#### Practicing gratitude

can help you reduce depressive symptoms and enhance your state of well-being.



At the start of each day, write down three things you are grateful for.