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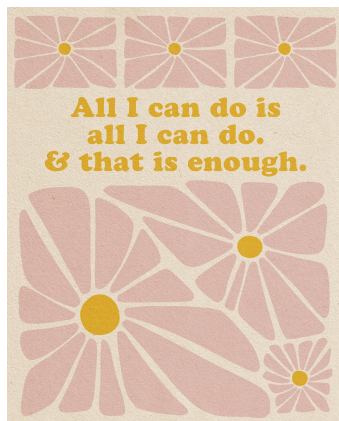
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HSLIC News - LibGuides at University of New Mexico

Collective Grief

by Alexis Ellsworth-Kopkowski on May 26th, 2022 | [o Comments](#)



Alt text: Images: Illustration design with deco flowers and text in various color combinations by @thesoulshineco, text: All I can do is all I can do. & that is enough.

Collective grief as defined by the Grief Recovery Center of Houston: happens when a community, society, village, or nation all experience extreme change or loss. Collective grief can manifest in the wake of major events such as: war, natural disasters, or others that result in mass casualties or widespread tragedy. Grief is not a linear process.

The major events that we have endured as communities and societies may have individuals feeling overwhelmed, anxious, and/or unsure about their future. We may also have to process our grief at work and may be wondering why we feel less productive or why we need to take longer breaks in between large tasks to focus. Let's all remember that it's okay to not feel okay and if you have time to check in with yourself, please do.

According to an [article](#) from the American Counseling Association, these are some steps we all can take after traumatic events:

Attend to self care and be sure to eat and get enough sleep.

Pay attention to your emotional health and recognize that a wide range of emotions are common.

Try to recognize when you or others around you need extra support.

Avoid overexposure to media and "doom scrolling." Take breaks from news and social

media.

Maintain contact with family and friends.

Remind yourself of people and events that are meaningful and comforting.

Talk to others and ask for help if needed.

Additional Resources:

[New Mexico Crisis And Access Line](#)

1-855-NMCRISIS (662-7474)

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer-to-Peer Warmline.

SAMHSA Fact Sheet: [Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event](#)

The New Mexico Healthcare Worker and First Responder Support Line:1-855-507-5509

Peer-to-Peer Warmline: 1-855-4NM-7100 (466-7100).

Call 7:00am-11:30pm or text 6pm-11pm, 7 days a week, 365 days a year.

Prefer text? Text HOME to 741741 to connect with a Crisis Counselor

Free 24/7 support at your fingertips. <https://www.crisistextline.org>

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