



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



All About Grief: What Causes It, How to Cope With It, and When to Get Help

More so than most other species, we form intensely close bonds with family members and friends, and to a lesser extent also with neighbors, colleagues, and acquaintances. When loss breaks one of those bonds, it's natural and normal to experience a strong emotional response.

Grief is the name we've given to that emotional response. It encompasses the sadness, disorientation, and other intense and often sorrowful experiences we go through as we live with a loss. Grief can also cause a range physical symptoms and behavioral responses.

While just about everyone has an idea of what it means to grieve, psychologists and therapists who study grief say that there is a lot more to the experience than most of us fully appreciate. Grief, in a nutshell, is what we experience following loss.

"Researchers, including myself, usually use the term grief to refer to our emotional reactions to the deaths of those we care about," says Michael Cholbi, PhD, a professor of philosophy at the University of Edinburgh in Scotland.

Dr. Cholbi's research has focused on grief, much of which he details in his new book *Grief: A Philosophical Guide*. "In the wider culture, [grief] is increasingly used to refer to our emotional reactions to *any* significant loss, not just losses due to others' deaths," he says.

He mentions the loss of a job or a romantic breakup as examples. Others include the loss of a friend, of a dream, or of a way of life. Some experts have said that pandemic-related disruptions — to say nothing of lost lives — may also have initiated a form of collective grief, according to a report from the UCSF Department of Psychiatry and Behavioral Sciences.

Grief is often described as a process rather than as a single state or emotion. And depending on the person and the source of loss, grief can take different forms or trigger a wide range of symptoms, according to a review article on the topic published in 2021 in StatPearls.

To read the full article and get the statistical data and graphs, please visit: [Grief: Causes, Types, Stages, How to Cope With It, and When to Get Help \(everydayhealth.com\)](https://www.everydayhealth.com/grief-causes-types-stages-how-to-cope-with-it-and-when-to-get-help)

August
2023

hello
AUGUST

Month

National Breastfeeding
Awareness Month

Week

National Health Center
Week
(Aug. 6-12)

Day

Friendship Day
(Aug. 6)

Wear it Purple Day
(Aug. 25)

National Women's
Equality Day
(Aug. 26)

National Grief
Awareness Day
(Aug. 30)

International Overdose
Awareness Day
(Aug. 31)

To learn more visit:

<https://sacwellness.com/mental-health-awareness-calendar/>



Friendship is Good for Mental Health

There is an undeniable connection between our mental health and friendship. It can significantly influence our mental health and well-being, but building or keeping it is not that easy. It's vital that you understand the importance of friendship in your life, and what you can do to nurture it. Being surrounded with reliable friends is beneficial to our mental health and well-being. Our friends celebrate with us during the good times and stand firm during the bad times. Friends also prevent the feeling of loneliness and give us a guarantee of companionship. Also, friends play a significant role in promoting our overall health. People with strong social support have a reduced risk of developing health problems, such as anxiety, depression, and high blood pressure.

It can be challenging to have a new one or save the existing friendships. Some friendships may hinder other life's priorities. Deepening and maintaining good friendships takes an effort. There is enjoyment and comfort that friendship can provide, though it makes the investment of time and love more meaningful. The quality of friends counts more than the quantity. Meeting new people who might become our friends broaden our societal relationship as we exchange ideas with other people.

How to continuously cultivate our friendship? Developing and maintaining healthy relationships involves a give-and-take effort between all parties. Knowing your friends know that you care about them and appreciate them can help strengthen your bond. So, how can we nurture friendships?

- **Be an attentive listener.** Your friends should know and feel that you are paying and sincere on your attention, practise eye contact, expressive body language, and genuine comments.
- **Be available.** Building a friendship takes quality time together. See to it that you meet your friends regularly or check on them even if it's just through social media.
- **Be kind.** Ponder on your friendship as your 'emotive bank account'. Fill this account with acts of kindness, and expression of gratitude and empathy towards your friends.
- **Be open.** Build closeness by opening yourself and be willing to disclose personal experiences, and this shows that you let your friend hold a special place in your life.
- **Be mindful.** If you imagine the worst possible social situations, exercise your mindfulness to reshape what you are thinking. You know that you have your friends to help you practise your mindfulness.
- **Be trusted.** Being responsible and reliable are the keys to forming a solid relationship. Keep on your commitments, shared confidential information, keep it private between your friends.

We can always start to develop a new friendship and reconnect with old friends. Investing time in making friends and strengthening your friendships positively affects our mental health and well-being, creating a brighter outlook in life with friends.

To read the full article, please visit: [Friendship Is Good for Mental Health: Here Are 6 Ways You Can Nurture It | Psychreg](#)

Did You Know?

Friendship has many benefits for mental health and well-being. These benefits include:

- Increased sense of belonging.
- Improved self-confidence
- Reduced stress and anxiety
- Lower rate of depression or anxiety later in life
- Amplified levels of happiness
- Reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI)

To read the full article, please visit: [Why Healthy Friendships are Important for Mental Health - Mental Health First Aid](#)



thank
you

Dear Valued Referral Sources,

Sometimes the words “Thank You” just don’t feel like enough when you think about everything that has been done to support our organization. For this reason, I leave you with “We appreciate you!”

Sincerely,

Jennifer Campbell, MSW, LSW

Clinical Manager, WHS Center for Mental Health and Wellbeing - Outpatient

Washington Physicians Group

Office#: 724-627-2526

WHS Center for Mental Health & Wellbeing



Contact Information:

Inpatient Behavioral Health	P: 724-223-3195 F: 724-229-2128	155 Wilson Ave Washington, PA 15301
Outpatient Behavioral Health	Greene P: 724-627-2756	220 Greene Plaza Rear Waynesburg, PA 15370
Outpatient Behavioral Health	Peters Township P: 724-579-1075	4198 Washington Road, Suite 5 McMurray, PA 15317
Outpatient Behavioral Health	Washington P: 724-579-1075	95 Leonard Ave Building #1, Suite 301 Washington, PA 15301

Behavioral Health Management:

Jennifer Campbell, MSW, LSW – Clinical Manager Outpatient Services	P: 724-627-2526
Mark Wright, MBA, RN – Inpatient Unit Manager	P: 724-223-3197

Greene County Crisis Line: 1-800-417-9460
Washington County 24-Hour Crisis Hotline: 1-877-225-3567
National Suicide Prevention Lifeline: 1-800-273-8255
Greenbriar Treatment Facility: 1-800-637-4673
STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283