

Dealing with Unexpected Endings



Endings & Loss

Many people are experiencing an unexpected sense of loss from missing out on experiences that seemed certain, but have now been taken away. Your student way of life has suddenly ended without any warning or formal celebration, and that is tough and unfair. It's completely normal to feel a sense of loss, because you didn't have time to process the ending, and you didn't get a proper goodbye.



Uncertain Future

So student life has ended, what's next? Under normal circumstances you would have the capacity to figure this out, but for most that's not possible right now. It can be difficult to live in a state of uncertainty when you don't know where you'll be or what you'll be doing next year, and you have so little control over it.



Processing The Ending

It's important to mark the occasion, celebrate with family and friends and congratulate yourself for the work you've done. Thank the people who supported you along the way. Write to friends who are in similar positions and mark the ending together. Make plans with friends for after the lockdown to have a proper celebration and send-off.



Dealing with Uncertainty

It is frustrating not having any answers right now, and it's ok and normal to be worried. Focus on the worries you can control and actions you can take to help solve them. What is important to you for your future, what do you value and how can you take meaningful steps towards a valued life? Give yourself a set amount of time each day to worry about the things outside your control, but don't let it consume you.



Self-Care & Support

Make sure you engage in pleasurable activities every day, and you're not completely focused on achievement. Reach out to others in a similar situation and share and support one another. This is tough but you are not alone. Be kind to yourself, you may be angry, disappointed or worried, and that's normal. Talking and connecting with others can help normalise and validate these emotions.