

# Dealing with Grief



When you have a loss in your life, it's important to allow yourself to grieve and allow yourself the proper time to work through the loss. Others in our lives can help us through the grief process and we need to welcome and seek their help, but there are things you can do to help yourself.

Here are some suggestions to help with the grieving process:

- **Recognize your loss by putting your grief into words.** Write it down in a journal, in a letter to yourself or in a letter to the person who has died; express it to a close friend or family member; talk to your spiritual leader or a professional counselor.
- **Join a support group that deals with grief.** This is a safe environment where you can express your grief openly and talk with others who are experiencing similar feelings. Your local mental health center, hospital, or crisis line can direct you to groups in your area.
- **Take care of yourself.** Keep a regular schedule, eat a balanced diet, get adequate rest, and exercise moderately.
- **Listen to yourself needs.** Avoid taking on new or extra responsibilities that may add stress to your life.
- **Control the urge to make life-changing decisions.** A loss causes a major disruption in our life and feelings of being “lost at sea” are common. Be patient and make small decisions or identify tasks that can be easily accomplished — this helps you feel confident and in control of your life.
- **Plan activities that give you something to look forward to and that bring you comfort and enjoyment.** A walk with a friend, going out to eat, a vacation, a day at the spa. If a holiday or anniversary is an especially difficult time, plan activities or ask a friend to plan activities that you find supportive.
- **Let your friends, co-workers, and family know what you need from them.** They may feel hesitant to talk about your loss, “I don’t want to open that wound or say something that will make you cry.” If talking about your loss brings you comfort, let others know this. Sharing memories tells the bereaved that their loss is real and remembered and that the pain of loss is shared.
- **Take time off.** Learn your workplace’s policy on bereavement leave and talk over options with your supervisor if you need more time or a temporary adjustment in work hours, workload, or responsibilities.



## Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.



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