

# Navigating Through Grief & Loss



Managing through loss can be extraordinarily overwhelming and debilitating. Emotions can be very intense and come and go without warning. This can be scary and cause people to doubt their ability to cope with the pain. It is important to understand that this is all very normal and part of the grief process. For some, the pain eases after a few weeks or months, for others it can be a lifelong process, although typically emotions do become less intense over time. These suggestions may help you along your path to healing.

- **Recognize your loss and express your feelings.** Write your thoughts in a journal or blog and talk to trusted friends or family members, your spiritual leader, or a counselor.
- **Take care of yourself.** Stick to a regular schedule, keep your medical appointments, eat a balanced diet, get rest, and exercise moderately.
- **Be patient with yourself.** Try to avoid judging yourself for “not getting over it” fast enough or feeling overcome by emotions when you think you should be stronger. Let yourself mourn and grieve for as long as it takes. There is no right or wrong way to grieve.
- **Avoid making major life decisions.** Go easy on yourself and put off what you can.
- **Plan comforting and enjoyable activities.** Having something to look forward to and setting sights on the future can help improve your mood and give you some structure.
- **Let your friends, co-workers, and family know what you need from them.** Those around you want to help but may not know how. Reach out if you feel they could help.
- **Join a support group that deals with grief.** This is a safe environment where you can talk with others who are experiencing similar feelings.
- **Reach out for professional help.** If you are struggling or need support or resources, contact your **Employee Assistance Program** for free, confidential counseling services. You do not need to go it alone.

*“Bereavement and Grief.” Mental Health America. <https://www.mhanational.org/bereavement-and-grief>. Accessed December 17, 2021.*



## 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.

**Toll-Free:**  
1.800.765.0770

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
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