

Coping With Grief

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The most obvious examples of grief involve loss of loved one, friend, or co-worker, but grief can result from any type of change or loss. People may experience a range of emotions, behaviors and symptoms. There is no right or wrong way to grieve, but this guide offers suggestions to help you cope.

How can I recover from grief?

Most people find that recovery from grief happens naturally over time. It is always important to engage in self-care, but when dealing with grief it is especially important. Here are some things you can do to foster resilience in yourself:

- Eat a healthy diet high in vitamins and nutrients. Drink plenty of water.
- Get a little exercise every day. You may not feel up to running a marathon, but a walk around the block could really help.
- Get plenty of rest. Even if you can't sleep, there is value in rest.
- Pay attention to how you are doing. Don't push yourself too hard. Give yourself permission to slow down and heal.
- Find ways to discuss and express your thoughts, feelings and emotions—by yourself and with others.
- Find support in family, friends, faith communities, and support groups.
- Practice mindfulness, meditation, or relaxation exercises regularly.
- Never underestimate the power of a deep breath. Deep breathing is a powerful tool that is always available to you.
- Look for silver linings. People grow through difficult circumstances. Consider how your loss has impacted you and how your resilience and character have grown as a result (this may take weeks, months or even years to determine).
- If your feelings become overwhelming, or you begin to think about harming yourself or someone else, consider calling your Employee Assistance Program for additional support.

Where can I go for additional help?

There are many mental health professionals who specialize in helping people heal from grief. A good place to start is with a counselor from your EAP. They can meet with you and assess your level of need. The counselor will provide you with strategies to cope and can help you process your thoughts and feelings, or refer you to a provider who specializes in grief therapy. There's no problem too big or too small for EAP. If you are thinking that maybe you should talk to someone, you probably should. Call today! We're here for you.