

# Here for You

## *Five things that can help you on your way to healing at times of grief and loss*

“You will be whole again but you will never be the same. Nor should you be the same — nor would you want to.”

— Elisabeth Kübler-Ross

There is no simple solution to navigating the many emotions of loss. The experience of grief and loss can be as unique as each individual’s personality. And, as anyone who has experienced deep loss will tell you, the effects of the loss may stay with you, but, by caring for yourself and finding good support, the intensity of the feelings can change — and healing can begin.

The impact of a loss can affect a person’s whole being — mind, body, and spirit. Working through the loss can frequently help someone become significantly stronger and more resilient. Indeed, many people may be surprised at their own resilience in times like this.

The most important thing is to know that you can always reach out to someone who can help. With your **Employee Assistance Program (EAP)**, there are professionals who have the expertise to help you deal with all of the different feelings and reactions that can be triggered by losing someone or something dear to you.

There are a number of types of losses that someone might experience. The loss you could be from the death of a family member, a dear friend, a coworker, or a beloved pet. The loss from death can often seem so unfair and final. There is also the loss of a marriage due to separation or divorce, loss of a friendship, loss of a job, or loss of a child who has left the family home to go to college or pursue a career. You may even be grieving for the loss of a life you had before an injury or illness changed your health status. Regardless of the type of loss, it can have a deep impact on a person’s life — and the difficult reactions and feelings can be addressed with the help of a professional.

### **1. Work with an expert**

One of the most important things you can do for yourself when you have experienced a loss is to work with a grief counselor. Just a simple telephone call to your **EAP** and you can receive short-term counseling that can guide you towards beginning the healing process. The counselor can also refer you to resources in the community. Having this kind of support can make the journey so much easier.

### **2. Taking extra care of yourself**

The process of working through loss takes time and extra care. You will probably need to slow things down a bit. Allow yourself time for recovery. You may want to start taking care of yourself by getting additional rest, eating healthy foods, and adding regular physical activity to your day. You could also plan a daily meditation time — even 10 minutes can make a difference. Reading something inspirational can help lift your spirits and change your perspective, too.

### **3. Reach out**

Remember to reach out to friends and loved ones. They often do not know how to react to your loss. They may feel awkward about contacting you — so connect with them, especially in those situations where someone may share your loss. For instance, you might have a sibling, who along with you is experiencing the loss of the same family member. A phone call to share memories might just make his or her day — and yours.

### **4. Stay connected**

Keep in touch with a broader community, too. This may include your extended family, your friends, your faith or spiritual group, a sports team, or a volunteer organization to which you belong. Social interaction can truly help with the healing process. Without realizing it, you may experience a lift in spirits and a lot of support, just by being out with others.

### **5. Acknowledge your unique journey**

Remember that everyone's experience will be different and, most important, that there is no single right or wrong way to deal with loss. You are unique, so how you handle your loss will be equally as unique. Allow yourself to take the path that is the healthiest for you.

**Employee Assistance Program**  
**24 HOURS A DAY**  
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**TTY: (888) 262-7848**  
**FOH4You.com**