

# Coping with grief and loss

Coping with grief is a deeply personal and individual process, as everyone experiences and expresses grief differently. Here are some strategies that may help you cope with grief:

**Seek support:** Reach out to supportive friends, family members, or a support group who can provide comfort and understanding. Sharing your thoughts and emotions with others who have gone through similar experiences can be immensely helpful in the healing process.

**Take care of yourself physically:** Grief can take a toll on your physical well-being, so it's important to prioritize self-care. Maintain a balanced diet, exercise regularly, get enough sleep, and avoid harmful coping mechanisms such as excessive alcohol or substance use.

**Express your emotions:** Find healthy outlets for expressing your emotions. Write in a journal, create art, play music, or engage in activities that allow you to process and express your grief in a way that feels meaningful to you. Seek professional help if needed: If your grief becomes overwhelming or significantly affects your daily

functioning and well-being, consider seeking support from a mental health professional. They can provide guidance, counseling, and specialized techniques to help you navigate the grieving process.

**Practice self-compassion:** Be kind and compassionate toward yourself as you navigate through grief. Treat yourself with the same care and understanding that you would offer to a dear friend going through a difficult time.

**Honor the memory of your loved one:** Find ways to remember and honor the person you have lost. Create a memory box, plant a tree, or engage in activities that celebrate their life and keep their memory alive.

Remember, grief is a unique journey, and there is no "right" or "wrong" way to cope with it. Allow yourself the space and time to heal, and be gentle with yourself as you navigate through this challenging process.

Grief is a natural and complex emotional response to loss. It is a deeply personal and individual experience that occurs when someone experiences the death of a loved one, but it can also

arise from other types of loss, such as the end of a relationship, the loss of a job, or the loss of a cherished dream.



Grief encompasses a wide range of emotions, including sadness, anger, guilt, confusion, and despair. It can be accompanied by physical symptoms such as fatigue, changes in appetite, sleep disturbances, or aches and pains.



**Self-care. Connect**

**Contact your EAP at  
1-877-747-1200**