

Coping with Grief

Sudden death brings forward strong feelings, due to the surprising and devastating nature of the experience. Although each individual person's loss is different you may be facing some difficult feelings and issues such as: shock, guilt, stress due to medical or legal activity, disbelief and delayed grief, regret or feelings of helplessness that may be brought on by anger, agitation or immobilization.

Immediately following a loss of a loved one, family and friends may need crisis intervention to help them through the stress and shock of the event. Coming to terms with the reality of the death becomes a major focus and can put an extreme drain on a person's ability to function. Your EAP can set up individual or family sessions to help you cope with the grief.

Coping Tips

- ◆ Share your thoughts and feelings with others that have experienced a similar situation.
- ◆ Support groups can be very healing especially in circumstances such as: survivors of a loved one's suicide, murder or patients with a similar medical illness.
- ◆ Watch for any changes in physical and emotional health such as: drastic changes in sleeping or eating habits, preoccupation with loss, overwhelming sadness, inability to perform daily activities or sudden "out of control" emotions.
- ◆ Consultation with a professional experienced with grief loss can help determine if individual therapy, group therapy or other medical treatment will help.
- ◆ Talk to family and friends to help gain perspective on the loss of the loved one.
- ◆ You may go through several different stages of feelings such as: shock, disbelief, anger and then sadness. Don't deny your feelings as they are all part of the healing process.
- ◆ Educate yourself about the cause of the death.
- ◆ Participate in your preferred rituals that are necessary to help provide closure.

Everyone's feelings and stress level challenges are different. It is how you handle the feelings and situation that help the healing process. Over time, the bereaved will be able to deal with the issues at a higher understanding.

Begin each day to live,
and count each day
as a separate life.

Seneca
