

Life after Loss. Coping with Grief.

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense the grief will be. Loss can include the death of a loved one, death of a pet, loss of a job, loss of health, etc.



- Everyone grieves differently.
- The grieving process takes time.
- Healing happens gradually; it can't be forced or hurried.
- There is no "normal" timetable for grieving.
- Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

How your EAP can help

Your EAP can assist you with grief counseling or assist you with finding mental health professionals in your community. Your EAP will help you with coping skills to help normalize and manage your grief process. Your EAP can also assist with community resources if needed.



Coping with grief and loss

Tip #1: Get support

- Turn to family and friends
- Draw comfort from faith
- Join a support group
- Talk to a therapist or grief counselor
- Connecting with others will help you heal

Tip #2: Take care of yourself

- Express your feelings in a tangible or creative way
- Look after your physical health
- Don't let anyone tell you how to feel, and don't tell yourself how to feel either
- Plan ahead for grief "triggers" (anniversaries, holidays, etc.)

For more information, contact McLaughlin Young EAP at 800.633.3353 or 704.529.1428

This information is not intended to replace the medical advice of your doctor or healthcare provider. Resource: Helpguide.org