



## Grief Counseling and Support from Your EAP

**Grief is the emotional reaction we have when we suffer loss. You may feel shock, disbelief, anger, or sorrow. The pain can be overwhelming. Your EAP is here for counseling and support 24/7.**

**What you can do.** Take action to help yourself and others cope. Healing takes time. Grief is not a step-by-step process, everyone experiences loss differently and on their own schedule. There is no right or wrong way. The goal is not to “get over” the loss, but to integrate it with other life events. **The following ideas have helped others regain control and find peace within themselves.**

- 1. Talk about your loss.** Experiencing the death of a family member, a friend, or a colleague may be one of the most traumatic events of your life, especially if the loss is sudden or unexpected. Intense feelings and emotions are normal. Talking about your loss will help you to cope with these strong feelings. You can call your EAP to share your thoughts in total confidence with an experienced and caring professional.
- 2. Write down your feelings and thoughts.** This can help you clarify and process your feelings to make them easier to deal with and less confusing.
- 3. Be kind and gentle to yourself.** Take care of body, mind, and spirit. Bereavement is very stressful. Pay attention to your lifestyle: rest, nutrition, recreation, sleep, exercise, and self-nurturance. Find ways to release your negative feelings in constructive ways.
- 4. Focus on the happy times experienced with your loved one.** These are part of your loved one’s legacy to you! Share happy remembrances with others.
- 5. Know when to seek help.** Reach out for professional help if you don’t begin to feel better over time.

**Your EAP can help -  
call any time:**



**800.252.4555**



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