



Grief at Work



Losing a respected coworker can be very difficult. Here are some tips for coping with grief at work.

When we spend so much time at work, our coworkers become a second family. So when a coworker dies the impact on us can be painful. When the death is unexpected, the grief response can be even more exacerbated. Here are some tips for coping with grief at work:

- Accept that grief is a normal response to loss and healing takes time.
- Each person expresses grief and sadness in their own way. Some express feelings openly, others are more private.
- Realize that grief can be an emotional roller coaster. Each path through grief will be an up-and-down ride. There may be a few good days followed by down times. These are not setbacks; this is normal grief.
- Grief is highly stressful. It may disrupt our concentration, appetite and sleep. It's very important to use stress management tools, especially those that nurture us.
- Realize that everyone is not comfortable with grief. It's helpful to find supportive people who will listen to your feelings and thoughts of grief.
- Rituals can be helpful. Attending the funeral or cemetery or creating your own ritual can be very healing in saying good-bye and honoring the person who has died.
- Be aware of your thoughts and emotions when a replacement person is hired.
- Remember that feelings of loss and grief are the price of having caring relationships. While there is sadness during grieving times, there is also opportunity to express love and appreciation.

For more information or free counseling call Intermountain EAP at 1.800.832.7733.

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