



Employee Assistance Program

Work-Life Services/New York State Employee Assistance Program Tips for Managing Grief

Grieving is the process by which we come to terms with a loss. The more significant the loss, the more intense the grief is likely to be. The following suggestions are designed to help in managing grief.

Learn about grief and accept your feelings

Grief can involve many intense and often conflicting feelings such as anger, fear, confusion and guilt. Everyone experiences grief differently. There is no right or wrong way to grieve. The knowledge that what we are feeling is a normal part of grieving can help us allow ourselves to accept and experience these feelings, an important part of the healing process.

Let go of resentments

Some grief experts emphasize that holding on to angry, vengeful thoughts against anyone we believe responsible for our loss can impede the grieving process. Letting go of these feelings can allow us to continue with the healing process.

Continue healthy habits

The stress of grief can take a toll on our bodies and minds. Eating healthy and exercising can give us the strength to keep going during this trying time.

Pace yourself

Remaining active with purposeful work can aid in coping, but burying ourselves in work as an escape from grief can derail the healing process. Taking the time to rest can help us recharge as we continue with the healing process.

Avoid alcohol and other drugs

Alcohol and other drugs can slow the natural healing process by numbing emotions and escalating feelings of depression. Avoiding this allows us to experience our feelings and continue the process of healing.

Seek support in expressing your grief

Chances are good that others have experienced something similar to what we are struggling with. EAP coordinators, counselors, or clergy can help us connect to various support groups to add to whatever social support network we already have in place. Creative writing, journals, poetry, art, and other means of self-expression can also help the healing process.

Seek spiritual growth

Grief can cause us to question our spirituality, seeking answers to the questions of "Why me? Why now?" The grieving process can bolster our spirituality, allowing us to draw on it as a source of comfort and strength.

Don't be afraid to have fun

Laughter can be a natural aid in healing. We should take advantage of opportunities for diversion and refreshment of our spirit.