



COPING WITH LOSS



Life is unpredictable. It very often does not turn out the way we plan. Life challenges such as being diagnosed with a chronic illness, facing the sudden hospitalization of a family member, experiencing a divorce or dealing with a death can often be devastating. People often think of grief only as an emotional experience. However, it also can affect us physically, intellectually, socially and spiritually.

Grieving is a process that does not come with a prescribed plan, nor does it conform to prescribed time limits. It is a process that is often described as a rollercoaster of emotions. This experience can be heightened, because the grieving person is often distracted, and experiencing things that are not normally part of their lives.

It is important to understand that everyone experiences grief differently. The following list indicates some of the common reactions to grief:

EMOTIONAL

Numbness
Confusion
Sadness
Yearning
Guilt
Despair
Hopelessness
Helplessness
Anger
Bitterness
Feeling of being lost
Shock/Denial

PHYSICAL

Weakness
Decrease in activity
Rapid heartbeat
Increased blood pressure
Decreased resistance to illness
Fatigue
Neglect of self
Sleep disturbances
Muscular tension
Weight change
Appetite change

BEHAVIORAL

Blameful of others
Crying
Disoriented
Apathetic
Forgetful
Unable to concentrate
Preoccupied
Withdrawn

Support from loved ones, friends and coworkers, as well as participating in activities that promote healthy emotional and physical well-being and reduce stress, often assist in coping with loss. Additionally, many people benefit from professional assistance to assist in the healing process.

Your EAP provides a caring environment where you can begin working through your loss, learn to face the reality and express the feelings and emotions associated with it.

If you or your family members are in need of assistance, **EAP IS HERE FOR YOU!**



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