



## **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Withdrawn**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!**