

Working Through the Grief Process



Tips for Caring for Yourself Along Your Grief Journey

- 1) Allow time to adequately experience grief thoughts and feelings
- 2) Feeling sad and shedding tears can be therapeutic
- 3) Seek and accept support from family and friends
- 4) Maintain healthy nutrition, exercise and, sleep patterns
- 5) Utilize counseling support and guidance
- 6) Journal your feelings
- 7) Put off unnecessary decisions to reduce emotional pressure
- 8) Divide work into smaller, easy-to-achieve, chunks
- 9) Plan and enjoy normal activities without guilt
- 10) Accept the reduction in your usual efficiency and energy
- 11) Set aside time each day to experience and express stored up feelings
- 12) Be kind and compassionate with yourself and envision a hopeful future

Factors That Can Interfere with the Grieving Process

- 1) Avoiding/minimizing emotions
- 2) Using alcohol or drugs to mask or medicate feelings
- 3) Showing defensiveness or resentment to those who try to help
- 4) Using work or other activities to avoid feelings of grief and hurt
- 5) Trying to keep unrealistic promises made to the deceased

Ways to Help Others Who Are Grieving

- 1) Acknowledge the loss and don't avoid contact
- 2) Be a good listener and be patient
- 3) Be available for support or to help
- 4) Help with practical tasks
- 5) Don't take mood swing personally
- 6) Avoid giving advice
- 7) Don't mention how the loss could have been prevented
- 8) Don't rationalize positive aspects from the loss
- 9) Don't compare his/her grief to your own
- 10) Help the individual seek a support group

If grief persists too long, or becomes too intense, it can lead to anxiety or depression. Remember your Best Care EAP benefits. Our licensed counselors are compassionate, caring and ready to help in any way they can. Visits can be in-person or via telehealth and are always confidential. To request an appointment, please fill out our [counseling registration form](#). If you have any issues with the form, please call our office and we'll be glad to help: (402) 354-8000 or (800) 801-4182.