GRIEF IS MORE THAN JUST BEREAVEMENT

Understanding Grief and Loss

Everyone's Experience is Unique

Grief is a psychological and emotional response to loss. While grief is universal, we all grieve in different ways due to our individual experiences and circumstances.

Common Reactions to Loss

Here are some common reactions to loss:

- A sense of numbness or disbelief
- Emotional ups and downs
- Difficulty sleeping or eating
- Physical symptoms such as headaches
- Changes in behavior or personality

Domino Effect of Grief

When someone you love goes through a loss, it's normal for you to feel a range of emotions as well. These feelings can vary from person to person and can be exacerbated by the loss of loved ones or the impact of grief on your own life.

Any crisis can be a trigger for grief, whether it is the loss of a loved one, a job, or the end of a relationship. Any time a loved one experiences a crisis, it can be challenging to know how to help them.

Supporting Colleagues Through Tough Times

It's important to support your colleagues who are experiencing a loss, as it can be a difficult time for them. Here are some ways to show your support:

- Be present and offer your condolences
- Listen without judgment
- Acknowledge their feelings
- Help with practical tasks

Grieving during a crisis

Grieving during a crisis can be challenging, as it can be difficult to feel sad and grieve when you have other things to be concerned about. It's important to allow yourself to grieve and seek support when needed.

Understanding the Cycle of Grief

The grieving process can vary from person to person, but it often involves a cycle of emotions. Here are some common stages of grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Signs of Complicated Grief

If you or your colleagues are experiencing any of the following symptoms, it may be a sign of complicated grief:

- Difficulty moving forward
- Persistent feelings of sadness or hopelessness
- Isolation from others
- Difficulty coping with everyday tasks

When it gets complicated

If grief is challenging to manage, it may be helpful to seek support from a professional. Here are some options for support:

- Talk to a mental health professional
- Connect with a grief support group
- Reach out to a trusted friend or family member

Supporting Yourself Through Grief

It's important to take care of yourself during a time of loss. Here are some self-care strategies:

- Allow yourself to feel
difficult emotions
- Practice self-compassion
- Connect with others
- Seek professional help if needed

Grief and Mental Health

It's normal for grief to affect your mental health. Here are some tips for managing your mental health during a time of loss:

- Practice self-care
- Seek support from loved ones
- Consider therapy
- Connect with a grief support group

Preventing Suicide

 benchmarks indicate that as many as one in five adults will experience a mental health disorder in their lifetime. Here are some steps to take to prevent suicide:

- Seek help if you are feeling suicidal
- Connect with a mental health professional
- Stay connected with loved ones
- Create a suicide prevention plan

Understanding Grief and Loss

Grief is a normal response to loss, but it can be difficult to navigate. Understanding your own grief and the grief of others can help you manage your emotions and support those you care about.

More information on grief and loss:

- National Institute of Mental Health (NIMH)
- American Psychological Association (APA)
- Mental Health America (MHA)

Resources for Suicide Prevention

- National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
- Crisis Text Line: Text HOME to 741741
- https://SuicidePreventionLifeline.org/chat/