

# Coping with grief and loss

Everyone experiences grief and loss at some point in their lives. It is often a very difficult time but there are some things that can make it just a little bit easier. Healing from grief and loss takes time. Here are some ways that you can manage grief and loss:

1

Create rituals such as plant something in remembrance and care for it or light a candle can provide comfort and help you feel connected to the person or thing you have lost.

2

Allow yourself to feel and experience all of your emotions. There is no right or wrong way to feel when grieving. It is normal to feel anger, sadness, disbelief, shock, relief, guilt, or jealousy towards others who have not experienced loss for example. Most people don't go through predictable stages of grief.

Making space for these emotions to be felt regularly at safe times for example at home or with friends and family is important so not to suppress your experience. Everyone's journey through these emotions will be different, and it is important to be patient with yourself as a result.

3

Take some time to grieve for your loss. It is often helpful to take some time off from work to allow yourself to grieve and important to be mindful of how you are feeling when you return to work.



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4

Stay connected with others. Whilst you might have the urge to withdraw from others when you are grieving, seeking support from and spending time with friends and family and maintaining some of your normal routines can be helpful.

5

Practice self-care. Making sure that you eat well, sleep enough, exercise and having enough down time are really important to help you manage grief and loss.

## Accessing support for your mental health

For personalised support with a psychologist or therapist, you can contact us on [07 3254 0333](tel:0732540333) to request an appointment through your Employee Assistance Program. For more information visit [www.axisclinic.com.au](http://www.axisclinic.com.au)