



# Processing Grief

Coping with grief is complex and not the same for everyone, but these strategies can help promote emotional well-being and support the healing process.

Loss and grief are an inevitable part of life. Engaging in practices like journaling, setting aside dedicated moments each day for deep contemplation or meditation, seeking support from loved ones or professional therapists, participating in ceremonies or rituals that hold personal significance, and using creative outlets like art or music can help you express and channel your emotions.

Consider these healthy coping skills:

- **Seek support:** Reach out to friends, family, or support groups.
- **Express Emotions:** Give your emotions an outlet through activities like journaling, talking to someone you trust, or engaging in creative outlets.
- **Practice self-care:** Prioritize your physical and emotional well-being by getting enough rest, eating healthy, exercising regularly, and engaging in activities that bring you joy.
- **Establish routine:** Create a structured daily routine to provide stability and a sense of normalcy to help counteract the waves of grief you are experiencing.
- **Practice mindfulness:** Use mindfulness as part of your daily routine to cultivate a calm mind and reduce stress levels
- **Set boundaries:** Respect your own needs by setting boundaries with others and yourself, allowing yourself the necessary space and time to grieve and heal.
- **Memorialize the loss:** Create meaningful rituals or memorials to honor the memory of your loved one, such as planting a tree, creating a scrapbook, or dedicating a space in your home.
- **Seek meaning:** Explore ways to find meaning or purpose in your loss, such as volunteering, participating in charity events, or engaging in activities that align with your values and beliefs.
- **Celebrate life:** Remember and celebrate the positive memories and moments shared with your loved one, focusing on gratitude for the time you had together.
- **Seek professional help:** Consider seeking professional assistance from your Employee Assistance Program (EAP), a therapist, or counselor who specializes in grief and loss.



## Kubler-Ross's 5 stages of grief\*

1. **Denial:** Refusal to accept loss, often accompanied by disbelief or numbness
2. **Anger:** Experience of anger, resentment, or frustration--directed towards oneself, others or the person lost
3. **Bargaining:** Attempting to negotiate to reverse or delay the loss, often involving thoughts of "what if" or "if only" scenarios
4. **Depression:** Deep sadness and profound loss, leading to feelings of emptiness, withdrawal, and lack of motivation
5. **Acceptance:** Acknowledging the reality of the loss and moving forward, integrating the loss into one's life without completely "getting over" it

\* The five stages of grief, as described by Elisabeth Kubler-Ross in her book "On Death and Dying" (1969)

To contact BHO EAP, call **1-800-280-3782** or visit **bhoptions.eapintake.com** to open an EAP case.

If you are currently experiencing a life-threatening emergency, please call 911 or go to the nearest hospital emergency room immediately. If you're thinking about harming yourself, call the National Suicide and Crisis Lifeline at **988**, or the 24-hour National Suicide Prevention Lifeline toll-free at **1-800-273-8255** to be connected to a trained counselor at a suicide crisis center nearest you. For youth under the age of 18, call the Division of Child and Family Services' (DCFS) Mobile Crisis Response Team (MCRT) at **702-486-7865** in Southern Nevada or **775-688-1670** in Northern Nevada.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

