

## HOW TO DEAL WITH GRIEF

Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.

### How does grief feel?

Just after a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth, or trouble sleeping and eating.

People in grief may have strange dreams or nightmares, be absent-minded, withdraw socially or lack the desire to return to work. While these feelings and behaviors are normal during grief, they will pass.

### How long does grief last?

Grief lasts as long as it takes you to accept and learn to live with your loss. For some people, grief lasts a few months. For others, grieving may take years. The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background, and life experiences. The time spent grieving also depends on your relationship with the person lost and how prepared you were for the loss.

### How will I know when I'm done grieving?

Every person who experiences a death or other loss must work through the following 4 steps:

1. Accept the loss.
2. Work through and feel the physical and emotional pain of grief.
3. Adjust to living in a world without the person or item lost.
4. Move on with life.



**If you need more information on dealing with grief, call your EAP.  
Counselors are available 24/7 and all calls are confidential.**

**800-327-7272**

**[www.lytleap.com](http://www.lytleap.com)**



**LYTLE EAP PARTNERS**  
*Navigating Work...Life...Health*

