

Tips to Stay Healthy Following a Tragic Loss

Employees vary in their reactions however all might have some disequilibrium based on their own personal experiences. Grief reactions may include shock, sadness, numbness, disorientation, guilt, anger, stirred up feelings about other losses, anxiety about the future, and inability to concentrate. As we move through the loss, here are a few reminders about taking good care of ourselves:

- Periods of physical exercise, alternated with relaxation can alleviate some physical reactions.
- Talk to people. Though spending time alone may be necessary, it is important to spend time with others as talking can help with the healing process.
- Be there for other people who are grieving. It can be comforting to support others.
- Eat well-balanced, regular meals, even if your appetite is off.
- Maintain as much of a normal routine as possible.
- Focus on completing small tasks to help with your concentration.
- Drink plenty of water and get plenty of rest.
- If possible, avoid making any big life changes or major decisions.
- Make as many daily decisions as you can. This can give a feeling of control when life feels out of control.
- Do things that feel good to you and make you feel good about yourself.
- Avoid excessive use of caffeine and alcohol.
- Express your thoughts in writing; it improves your ability to think clearly.
- Allow yourself to feel your feelings, without self-judgment or blame.
- Recovery from loss takes time. Do not hesitate to ask for help. The Employee Assistance Program is available to you 24/7.

MIIA Employee Assistance Program (EAP)
800-451-1834

