

## EMPLOYEE SERIES

### Tips for when you have experienced a loss.

-  **Grieving is an individual process.** There is no right or wrong way to grieve, no 'normal' grief response. The way you grieve is unique to you and your loss.
-  **Recovery from grief will happen.** It is not something that will happen in days or even weeks. Grieving, adjusting and recovering will take time, but you will recover.
-  **You are not going crazy.** Grief can be very overwhelming with the intensity of emotions. Experiencing episodes of powerful emotions (anger, sadness, guilt, blame etc.) does not mean that you are going crazy.
-  **Grief can be lonely.** An unexpected feeling that you may not have prepared yourself for loneliness which can be unsettling and scary. Sharing your experience with someone else helps reduce the loneliness.
-  **Give yourself permission.** Give yourself permission to be emotional, to ask for help when you need it, to say 'no' when you want to say no.
-  **Take time.** Take time to seek the support of others, to perform the important rituals of loss and bereavement, to consider all the options before making decisions and to treat yourself kindly,
-  **Be assertive.** Friends, family and colleagues can feel utterly helpless in the face of your loss. People will not know what you need unless you tell them. Do not expect them to be able to read your mind.
-  **Practice self-compassion.** You may not feel like it but making sure you continue to nurture yourself helps get you through this stressful experience. It may mean going for a walk, reading a book or magazine, connecting with friends, limiting your workload, taking some time away.
-  **Keep a journal.** A journal offers a means of expressing feelings and can also provide evidence that you are making progress through the tunnel of grief although you may not yet be able to see the light at the other end.
-  **Seek help.** See a doctor, psychologist or health professional and talk it through.

Access Wellbeing Services customer service team is available 24/7. So if you would like to book an appointment and/or speak with one of our counsellors, it's as easy as calling 1300 66 77 00 or visit our website [www.accesswellbeingsservices.com.au](http://www.accesswellbeingsservices.com.au)