



EMPLOYEE SERIES

Tips for when you have experienced a loss



Develop a strong sense of purpose.

Resilient people have a strong sense of purpose and meaning for why and what they do. They are guided by a vision that gives meaning to their lives.



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 may not be 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 (e.g. anger, sadness, guilt, blame) does not mean you are going crazy.



Grief can be lonely.

However alone you might feel, chances are others around you feel similar. Sharing your experience with someone else helps reduce the loneliness.



Give yourself permission to:

- be emotional;
- to ask for help when you need it; and
- to say 'no' when you want to say no.



Take time to:

- seek the support of others
- to perform the important rituals of loss and bereavement; and
- to consider all the options before making decisions and treat yourself kindly.

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 New Zealand 0800 327 669 or visit our website www.accesswellbeing.com.au