

Coping with loss and grief at work

No one is ever fully prepared for the death of a valued co-worker. You may find it hard to accept that the person is really “gone.” Or you may wonder how your team can function without someone who was such an important or well-liked member of the team. Here are some ways to cope:

- Accept that it’s normal to have many emotions
- Remember that everybody grieves in a different way
- Talk to others about how you’re feeling
- Recognize the challenge of grieving from a distance
- Contact your Employee Assistance Program (EAP)

Seeking help is nothing to be ashamed of. Reach out to LifeWorks if you need additional support during this challenging time.



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