

Dealing with Grief, Part 1

By Vivien Bergl, LCSW, CEAP, Solutions EAP Coordinator



A Time for Everything

*There is a time for everything,
and a season for every activity under heaven:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance.*

~ Ecclesiastes 3

Everyone has a time in their life when they mourn. Grief is a universal experience. All people grieve sometime during their life, for everyone has losses of some kind which are the primary cause of grief.

There are the obvious losses:

- death of a loved one
- the break-up of a relationship
- separation
- divorce

And the not so obvious losses:

- loss of a job
- loss of money
- moving
- illness (loss of health) of self or a loved one
- changing teachers, changing schools
- robbery
- success (the loss of striving)
- loss of a cherished ideal
- loss of a long-term goal
- the recent loss of financial security in our country

During this month we will be talking about grieving. Unfortunately people can sometimes be uncomfortable with grief. This is unfortunate because it is an unavoidable process, which must be experienced before recovery can occur. Grief is not weakness, not lack of faith, but a psychological necessity. We will be talking about grief coping strategies for yourself, your loved ones, children, friends and co-workers.

If you would like to talk about this or any other issues, please call Solutions Employee Assistance Program (EAP) for free, confidential assessment, short term counseling and referral when needed.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges.

It's free, confidential and open to family members.

Check us out on-line at www.solutions-eap.com