

Dealing with Grief, Part II

By Vivien Bergl, LCSW, CEAP, Solutions EAP Coordinator



Last month we talked about the overall issue of grief. This week we will talk about specifically how to cope when you are going through a loss. As mentioned last week, everyone experiences grief at sometime in his or her life. However, everyone experiences grief differently and to varying degrees. Your personality, coping style and view of the world play a major role. Also, the support systems you have or do not have will influence how you grieve. In addition, I believe that the type of loss that you have plays a part in how you grieve. In the case of a loss of a spouse or divorce from a spouse there are sanctioned grieving responses from the rest of society. When it is more a hidden loss, i.e. miscarriage, loss of a partner in a gay relationship that people did not know about or another type of hidden loss, you may not find the usual helpful responses. This may (though not necessarily) make it more complicated bereavement.

Responses to grief are emotional and physical. Some people have a coping style that allows them to continue functioning, while others need to slow down and withdraw. There is no one right way to deal with grief. Though people respond differently there are some common responses to grief which include:

- Disbelief
- Anger
- Guilt
- Sadness
- Anxiety
- Depression
- Relief
- Dreams
- Physical Symptoms

Almost everyone needs help dealing with grief. Here are some suggestions:

- Give yourself permission to grieve - it is not a weakness!
- Find comfort in friends and family
- Keep busy, but also allow yourself to rest when needed
- Seek individual help through a professional if needed
- Join a support group

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 online at www.solutions-eap.com