

**THERE IS NO ROAD MAP FOR GRIEF, NO RIGHT OR WRONG AND NO TIMELINE!  
TIPS FOR THE JOURNEY OF GRIEF AND LOSS**



**Grief & Mourning:** is our way of processing the death of a loved one. We can also feel grief whenever we lose something significant such as a job, home, financial stability etc.

**Anticipatory Grief:** is uncertainty about the future which mirrors the emotions of any losses we have already experienced. This has been common across the globe over the past 11 months and continues. This is what many of us are experiencing. Now what do we do about it?

**Physical Self-Care - It is common to ignore your own needs.**

Keep healthy snacks in plain sight – so you remember to eat.

Prioritize Sleep – keep your regular waking and sleeping schedule.

Physical Activity – Move and Stretch your body.

Rest your brain. Limit your exposure to the media.

This could be a good time to start a new non-electronic tradition.

**Practice Self Compassion - It is common to experience being distracted and forgetful.**

Release the “SHOULD’S and SHOULDN’TS” and all expectations about what you feel and think.

Set small, attainable goals. Write things down that you need to remember.

Acknowledge what you are feeling without self- criticism.

Reach out to reliable, comforting people you know. Call EAP. Attend a grief support group.

Writing in a journal maybe helpful.

**Calming Strategies – When triggered and bursts of grief take you by surprise.**

Focus on what will sustain good health and support your well - being.

Use meditation, prayer, yoga, mindful breathing and taking time to reflect and remember.

Science confirms, hold your hand over your heart. The warmth of your hand can be very soothing.

Consider ending the day by writing in your gratitude journal. Note at least one thing for which you are thankful. Greet the morning by reading what you wrote the night before.

**Additional Resource: [Finding Meaning The Sixth Stage of Grief](#) by David Kessler**

**EAP is here to help you navigate this journey: Contact: 518-793-9768 / [EAPmail@adkeap.com](mailto:EAPmail@adkeap.com)**