

# LifeSolutions

## Coping With Grief and Loss



**Grief and loss are inevitable parts of life. At one point or another, we will all experience the death of someone we care about. Sometimes the loss is anticipated, such as when a family member or co-worker suffers an extended illness. At other times, the loss is sudden and unexpected. It leaves us struggling to cope with feelings of disbelief, anger, sadness, and confusion.**

Whatever you may be feeling, treating yourself with kindness and compassion, seeking support when you need it, and giving yourself time to grieve can help.

Grief is a natural response to loss. It is not a sign of weakness or inability to cope. There is no right or wrong way to grieve - each person's path and pace will be different. For example, one person may find comfort in sharing their thoughts and feelings with others; another person may need quiet time to reflect on the loss. Both are normal responses. Be attentive to what will work best for you and honor that.

### Tips for coping with grief

- **Allow yourself time to grieve.** Pay attention to what feels right or helpful to you. Don't judge your reactions or compare yourself to others.
- **Understand that grieving can include many reactions,** from sadness and crying to distraction, confusion, anger, resentment, or numbness.
- **Know that the most acute distress usually occurs right after the loss.** You will likely experience peaks and valleys, but most people find that their grief becomes more manageable over time.
- **Take good care of yourself.** Pay attention to what your body needs. Try to get enough rest, stay active and eat healthy foods. Avoid unhealthy ways of coping such as overeating, smoking or using drugs or alcohol.
- **Know that feelings may come and go.** It's OK to find ways to enjoy life while you are grieving. Moments of levity provide a balance and are part of taking care of yourself during a difficult time.
- **If it helps you, talk with others and stay engaged with your family and friends.** Let people know what they can do to support you. If something does not help, share that as well.

- **Find activities that nourish your mind, body, and spirit.** Journaling, quiet meditation, or meeting a friend for coffee can provide moments of peace or comfort. Find what works for you.
- **Seek professional guidance** if you are concerned about any symptoms or grief reactions you are experiencing, if you are having trouble functioning in daily life, or if your grief seems to be worsening.

LifeSolutions offers counseling sessions to help with grief and loss. Additionally, our website features Griefwords, a comprehensive library of articles and book excerpts about grief for bereaved families as well as bereavement caregivers. Additionally, you can find our online course, Overcoming the Loss of a Loved One and webinar, Dealing with Grief and Loss.

### Speak with a professional

LifeSolutions' services are **free and confidential**. They are available to you, anyone living under your roof, and your dependents (up to age 26).

**Call or email us to ask questions or schedule an appointment.**

**LifeSolutions@upmc.edu**  
**+1 844-833-0527 (TTY: 711)**

**To access the Work-Life section of our website, go to [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com), click Login and enter your company code: business .**

*This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.*

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：711）。

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