

# BEHAVIORAL HEALTH WELLNESS SHORTS

## Topic of the Month: **GRIEF**



### WHAT IS GRIEF?

Grief is a natural human occurrence that happens to all of us at some point in our lives. When we experience grief, it is often the result of losing something we feel attached to. It can be the loss of a person, a relationship, an object, a job or anything else that we truly value.

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When grieving, our minds are trying to make sense of the loss that we have experienced. This may lead to a combination of emotions, mental distresses, and/or physical symptoms. Some of these symptoms are:



#### PHYSICAL SYMPTOMS

- Sleep disturbances
- Body pain
- Digestion problems
- Heart palpitations
- Reduced energy levels
- Communication difficulties



#### EMOTIONAL SYMPTOMS

- Sadness
- Shock
- Anxiety
- Confusion
- Frustration/Anger
- Social Isolation

# THERE ARE 5 STAGES OF GRIEF...



These stages can serve as a guide to assist us in becoming more self-aware and to gain an understanding of the processes that we may go through while we grieve. Keep in mind that these stages are not linear, and because grief is a personal journey you may not experience them all.

- 1 Denial
- 2 Anger
- 3 Bargaining
- 4 Depression
- 5 Acceptance

## DID YOU KNOW...

Grief can also affect your professional life. In the workplace, grief may lead to indecisiveness, a reduction in productivity, an inability to concentrate, fatigue, a short temper, and even absenteeism. A best practice when dealing with grief at work is to advise those who you trust and work in close proximity with. This will give them a better understanding of what you are going through, and to offer assistance when you are in need.

### QUICK TIP:

It is important to accept that you are on a natural journey, and that you will go through this journey at your own pace. Give yourself some grace! Check out the attached document "The 4 Tasks of Mourning". You can use this document a guide to assist you on your journey.

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Lackawanna Counties



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