Healing from Grief and Providing Support to Others

Dealing with a loss is painful and can take time. It is also hard to help someone you care about when they are going through a tough time. Everyone experiences loss and sadness in their own way. Here is some information that might help you feel stronger to support yourself or a loved one during difficult times.





Pick a topic and let's get started



Watch our Webinar on 'Grief: Coping with the Loss of a Loved One'.



BCBSTX Members can view using "BETTERME" access code

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How Loss Affects Us

We all experience grief and loss differently. It's normal to feel many difficult emotions and they can come and go in waves. Holidays, birthdays, or places connected to those we've lost can trigger painful memories and emotions. Over many months, the intense hurt usually becomes less, but the sadness may never fully go away.

Grief can affect us in a variety of ways:



Emotionally

We experience a mix of feelings. These emotions can include sadness, loneliness, anger, guilt, anxiety, and even relief (especially in cases of prolonged suffering).

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It can be hard to think clearly or make decisions. We might even feel like it's not real at first.

Physically

Grief can affect our sleep, appetite, and energy levels. Sometimes, we may get sick more easily because grief can weaken our bodies.

Socially

Grief can also impact how we interact with others. Some people might withdraw and avoid others, while some may seek support from friends, family, or support groups.

Resource

Read and learn more about coping with a sudden loss.

Click Here

Grieving is different for everyone, and there is no right or wrong way to do it. It takes time to adjust to life without our loved one. It's okay to ask for help from friends, family, or counselors if we need it. Remember, we are not alone in feeling this way.

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Understanding the Grieving Journey

There is a way to work through the loss that can allow us to grow. There are common tasks that can help us when we're grieving. These tasks do not have to be completed in a certain order or within a certain window of time:

Form an enduring

connection and move

toward your next phase



The Tasks of Grief (Adapted from William Worden's Grief Counseling and Grief Therapy Handbook) Denial helps us slowly absorb the full weight of a loss. Some denial Accept your loss is good, but its unhealthy to get stuck there. You must confront your own denial and accept that the loss has occurred. Avoiding grief does not help. Let the feeling into your mind. Experience the pain Think about why you feel this way. Then take good steps to deal of the loss with the emotion in a healthy way. Life won't be the same. You need to get used to a new normal life. Adjust to life This means changing what you do after the loss. You have to rewithout work your life and how you do things.

Resources

Watch our Webinar on 'Building Resiliency'.



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Are you a leader who isn't sure how to talk about grief with someone on your team? Here are some important ways you can show support.

Click Here

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Even though that part of you is gone, it is still part of who you are.

Rather than focus on what you lost, put your attention on what

you received before the loss. Start out on a new life, but keep the

memories as a source of joy and strength.



Ways to Cope with Loss

Coping with a loss of any kind is deeply personal and rarely easy. But many find strength and resilience they did not know they had.

Here are some strategies that can help:





Talk to people you trust, like family or friends, who can support you.



Do things you enjoy, like exercising, getting outside, or meditating.



Join a group where others have gone through similar experiences.



Take time to heal.
There is no set
amount of time—
it's different for
everyone.



Take care of yourself.
Focus on getting
enough sleep, eating
consistent and healthy
meals, and drinking
enough water.

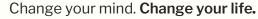


Remember that your mental health is important. Use resources as needed.

Resource

Read and learn more about coping with loss and change.

Click Here





Finding Support

If you are experiencing loss and need support, think about starting a Learn to Live program. You can also ask your human resources department what other services they offer.



Find a program that's right for you.

Stress, Anxiety & Worry

This program helps you look at how you think about things and ask yourself questions about what you believe. It also helps you learn ways to relax and deal with stress, and stand up for yourself.

Depression

Learn how to change thoughts and actions that don't help, solve problems, make your sleep better, and be more confident.

Social Anxiety

Find out how to guide your thoughts, gain confidence, and feel calmer and less worried around people.

Insomnia

Learn how to handle feeling tired and get better sleep. Use our tools to cut down on stress and worry, which can make it hard to fall asleep.

Panic

If you've had scary moments where your heart races, chest hurts, or you can't breathe, this program could help you take back control of your life.

Substance Use

Sometimes concerns about alcohol or drug use can sneak up on us and can turn our lives upside down. Access the proven tools that have helped many out of this trap.

Resilience

Learn to think more positively and grow inner strength. This can help you bounce back when things don't go as planned and live a healthy, meaningful life.

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