

Coping with Loss

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**

Resource

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



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Coping with Loss

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).

Mentally

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:



The Tasks of Grief

(Adapted from William Worden's Grief Counseling and Grief Therapy Handbook)

Accept your loss	Denial helps us slowly absorb the full weight of a loss. Some denial is good, but it's unhealthy to get stuck there. You must confront your own denial and accept that the loss has occurred.
Experience the pain of the loss	Avoiding grief does not help. Let the feeling into your mind. Think about why you feel this way. Then take good steps to deal with the emotion in a healthy way.
Adjust to life without	Life won't be the same. You need to get used to a new normal life. This means changing what you do after the loss. You have to re-work your life and how you do things.
Form an enduring connection and move toward your next phase	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.

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.

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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.

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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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