

grief awareness, management, and support



Stages of Grief

Grief is a natural response to a loss of something or someone you love. Each person navigates the stages of grief in their own way, some people may skip a stage as others get stuck at one stage for an extended period.

- **Denial**
- **Anger**
- **Bargaining**
- **Depression**
- **Acceptance**

If you or a loved one are unable to perform daily functions, such as getting out of bed or going to work for more than an occasional day, consider seeking additional professional help.

grief awareness, management, and support

Grief Support

Let your loved one know you are there for them.

Things to say:

“I'm here if you ever want to talk—now, later, even in the middle of the night. Whatever would help you.”

“I know I can't possibly know what you're going through, but I'm here for you. I've been thinking about you.”

“I'm checking in because I care about you. I just want to let you know that I'm here.”



grief awareness, management, and support



Manage Grief

Be patient and give yourself grace as you go through the grieving process.

- **Acknowledge your pain**
- **Know your triggers**
- **Give yourself permission to feel**
- **Understand the process will be unique to you**
- **Share your feelings with someone who will listen**
- **Let your family and friends help you**

grief awareness, management, and support

“You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair.”

— *Chinese Proverb*



exercise of the month

Neck Stretch

- Pressing palm toward floor, slowly drop ear toward opposite shoulder.
- Hold for a count of 6 - 10 on each side.

*Regular movement is fundamental to good health. Moving or changing postures every **30 minutes** is recommended.*

Disclaimer: Always perform stretch and strength exercises using **slow, controlled** movements. If you experience pain, discontinue the exercise. Consult a health care professional for alternative options. HealthSource Solutions is not responsible for injuries resulting from these activities.

