



OKLAHOMA EMPLOYEE
ASSISTANCE PROGRAM

We're here to help you move forward.

Loss and Grief Debriefing Handout

Grieving a Loss

We all grieve in different ways. It's okay to feel how you feel. Some cry, some don't, some are numb, some get angry, again it's okay to feel how you feel.

It's important not to judge/compare yourself to others or put a timeline on your grief.

- Allow yourself to feel
- Grief doesn't always go in stages
 - denial, anger, bargaining, depression, and acceptance
 - It can come in waves or like a rollercoaster
- Prepare for painful reminders
- Moving on doesn't mean forgetting

Seek Support

- Lean on friends and family
 - Good listeners and empathy
- Support Group
- Counselor when it's overwhelming
- Spiritual Support

Honoring their Life

- Write a letter
- Create a memorial
- Build a legacy
- Volunteer in their honor

Self-Care

- Manage stress
- Nature
- Do new things or things you love-hobbies, books, crafts, etc.
- Sleep
- Nutrition
- Exercise
- Avoid maladaptive coping skills-Alcohol, avoidance, blaming oneself, isolation, negative self-talk, drugs, etc.

Grief vs. Depression

Grief is supposed to happen after a loss. It's how our brain processes and heals and makes sense of it. The pain and intense emotions will happen, but not be constant or all the time. We will have good and bad days and good and bad during the days.

When the pain is constant that's when there may be a red flag and depression may be present.

Warning Signs:

- Intense, pervasive sense of guilt.
- [Thoughts of suicide](#) or a preoccupation with dying.
- Feelings of hopelessness or worthlessness.
- Slow speech and body movements.
- Inability to function at home, work, or school.

Seek professional help or if you see this in someone else get them professional health immediately. It's better safe than sorry.

When talking with your co-workers, family and friends that have lost a loved one:

Remember we don't have to have all the answers, take away their sadness, or solve the problem. Just being there and listening is enough.

Resources

- EAP eap@odmhsas.org 405-248-9007
- Thrive <https://thrive.ok.gov/contact> 405-521-2177
- 2-1-1
- Insurance Provider
- Support Groups [Grief Support Groups - Oklahoma City Community College \(occc.edu\)](#)