

Support for *Grief*

We all deal with grief in different ways. But while everyone's grief is deeply personal, there are some common challenges that many people face, including:



Emotional waves

People often describe grief as waves, moments of calm followed by sudden sadness, anger, guilt, or numbness. Holidays and anniversaries can bring fresh waves of pain.



Complicated or unexpected emotions

Along with sadness, people often feel guilt, as well as anger at the situation, at themselves, at circumstances, or at a higher power.



Physical effects

Grief can also show up as fatigue, trouble sleeping, appetite changes, chest tightness, or reoccurring sickness.



Disruption to identity and routine

A loss can shake a person's sense of who they are, especially if their role, such as a spouse, caregiver, or child was central to their identity.



Social challenges

People often feel isolated because others don't know what to say or because their support network doesn't understand the ongoing nature of grief.



Timeline pressures

There's a common misconception that grief follows a neat set of stages. In reality, grief has no fixed schedule.



Anticipatory grief

When a loss is expected, such as during a long terminal diagnosis, grief can begin before the loss actually happens.

How can we help?

If you're experiencing grief or loss, your GuidanceResources® Employee Assistance Program can help. Call **888.327.7501** or log on to guidanceresources.com using your organization's Web ID: **STATEFARM** to connect with confidential counseling, work-life support, and other tools and resources. Talk to us for:

- Understanding anticipatory grief
- Coping with grief
- Helping children understand loss
- Finding support groups



24/7

Live
Assistance

Call: 888.327.7501
App: GuidanceNowSM
Online: guidanceresources.com

TRS: Dial 711
Web ID: STATEFARM

→
Scan for more
resources

