

HEALTHY WAYS TO HANDLE THE GRIEVING PROCESS

At one time or another, loss and coping with loss are experiences that touches everyone. When there is a loss, waves of feelings, called grief, act as your natural "healing" response. Despite common knowledge about the "stages of grief," grieving is not necessarily a linear process. Emotions can be processed only to resurface again months, even years later, or certain anniversaries. Milestones may also trigger long-term emotional responses. The entire process is different for each person. For people who are navigating grief, or have a loved one who is grieving, there are some important things to consider:

Normal Reactions

Grief can include insomnia or needing more sleep than usual, loss of appetite, chest or throat tightness, weakness, lack of energy, and breathlessness or sighing. Mentally, one may feel fearful, preoccupied (especially about the loss), anxious, confused, foggy, or forgetful. Long after, an individual may still find it hard to fully concentrate. If such symptoms do not subside after time, consider seeking a professional consultation or assistance.

Acknowledging Loss

Sometimes people get wrapped up in a situation and they do not take the time to acknowledge grief and loss. It may feel easier to get distracted by the routine of life and forget to take time to mourn. Instead of avoiding, denying, burying, or escaping from the emotions, try to acknowledge the feelings as they arise. Allow yourself to experience the full range of emotions in the aftermath of loss.

Finding People to Lean On

Coping with grief is easier with the help of loved ones. Family and friends can lend a sympathetic ear, grieve together, or even step in to help with basic day-to-day needs.

Finding support from loved ones or speaking with a mental health professional can help in working through difficult emotions during the grieving process.

Staying Healthy

The mind and body are connected. Taking care of physical health will make a positive impact on emotional health. Eating right, getting enough sleep, and maintaining regular exercise are all important during the grieving process. It also helps to breathe deeply, connect with nature, listen to music, and continue to enjoy whatever hobbies and activities are most fulfilling.

Avoid Major Life Decisions

Give yourself time to recover before making any major changes, (e.g., moving, selling a home, revising relationships, etc.).

Grief Has No Time Limits

Intense feelings may be present for days, weeks or even months. Holidays and anniversaries may trigger memories and intense grief. This is part of grieving. Be patient with yourself.

Seeking Professional Help

Grief can feel extremely intense and complicated, especially if there is trauma involved. If the loss was sudden and unexpected, creates upsetting emotions, memories and anxieties do not seem to pass, consider seeking professional support. It may help in managing complicated emotions, making healing changes, and learning healthy ways to cope in the grieving process.

Contact ACI Specialty Benefits

855.775.4357

rsli@acieap.com

<https://rsli.acieap.com>

