

Loss and Grief

Loss can be death of a loved one, divorce, miscarriage, job or possessions amongst many others. Grief is the natural response to these significant losses. Grief is a complex process, and it is important to remember that there is no 'right way' to grieve.

Grief is expressed in many ways and has no set pattern. Grief may affect parts of your life such as emotions, thoughts, physical health, behaviours and your sense of identity.

Reactions you may experience when grieving:

- Feeling sad, angry, overwhelmed, shocked, numb, irritated and regretful
- Physical health changes – frequent headaches, weight gain/loss or changes in sleeping patterns
- Loss of interest in work, hobbies or activities

These are normal responses to intense loss and will be experienced differently by everyone.

Self-care:

- Spend time with your friends and family
- Give yourself time
- Exercise
- Be kind to yourself
- Do things you enjoy
- Seek help from your Employee Assistance Program (EAP)

We're here to help. For a confidential discussion or more information contact Drake WorkWise on 1300 135 600 (AU) 0800 452 521 (NZ).