



# How to Deal With Grief

Grief is the normal response of sorrow, emotion and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, relocating, season of life changes, or loss of good health due to illness.

You are not alone in processing a loss, Carelon Wellbeing is available to support you with counseling, resource searches, and self-help materials to navigate this time of change. Reach out 24/7 at 888-275-0021 | TTY 711.

If you are a leader interested in finding options available to support your team, Carelon Wellbeing's Leader Support Specialists are available to assist in coordinating services, such as having a counselor come to your location. Call 24/7 at 888-275-0021 | TTY 711, selecting option #1 after the language prompt.

## How does grief feel?

Just after a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth or trouble sleeping and eating.

You may become angry—at a situation, a particular person, or just angry in general. Almost everyone in grief also experiences guilt. Guilt is often expressed as "I could have, I should have and I wish I would have" statements.

People in grief may have strange dreams or nightmares, be absent-minded, withdraw socially or lack the desire to return to work. While these feelings and behaviors are normal during grief, they will pass.

## How long does grief last?

Grief lasts as long as it takes you to accept and learn to live with your loss. For some people, grief lasts a few months. For others, grieving may take years.

The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background and life experiences. The time spent grieving also depends on your relationship with the person lost and how prepared you were for the loss.



EAP = Employee Assistance Program

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## How will I know when I'm done grieving?

Many people who experiences a death or other loss typically completes a four-step grieving process:

- Accept the loss
- Work through and feel the physical and emotional pain
- Adjust to living in a world without the person or item
- Find a way to continue living while carrying the memory with you

The loss will always be felt, but successfully processing these steps helps to soften grief as you continue your journey and navigate what comes next.

## How does grief differ from depression?

Depression is more than normal grief after a loss. Clinical depression affects the whole body and can change how you think and feel. It is diagnosed based on the type and severity of symptoms that last a month or longer, not on how long someone has been grieving.

Symptoms of depression can include:

- A sad, anxious or "empty" mood that won't go away
- Loss of interest in what you used to enjoy
- Low energy, fatigue, feeling "slowed down"
- Changes in sleep patterns
- Loss of appetite, weight loss or weight gain
- Trouble concentrating, remembering or making decisions
- Feeling hopeless or gloomy
- Feeling guilty, worthless or helpless
- Thoughts of death or suicide or a suicide attempt
- Recurring aches and pains that don't respond to treatment

If you have recently experienced a death or another loss, these feelings may be part of a normal grief response. You may still laugh at times, stay connected with family and friends, and think about your future, even while feeling sad.

With clinical depression, however, you may feel constantly tired and hopeless, making it hard to imagine things getting better or to take steps to improve your life. If these feelings continue without any improvement, it is important to ask for help.



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## Resources Available

### Counseling

- Carelton Wellbeing offers free counseling.
- 6 sessions available to all associates and their household members.
- Call **888-275-0021**, TTY **711** available 24/7
- Go online: [livetheorangelife.com/Carelton](https://livetheorangelife.com/Carelton)

### Online Classes

- Access **Learn to Live** courses on **resilience, depression, sleep**, and more [CLICK HERE](#) to get started
- Access Code: THEHOMEDEPOT
-  Learn to Live app available to download

### Work-Life Services

Receive resources in the areas of childcare, eldercare, housing, food, grief support groups and more.

- Reach out 24/7 at **888-275-0021**, | TTY **711**
- Online resources available [HERE](#)

### Resources on Grief & Loss

- Access **podcasts, articles, and assessments** to help process grief: [CLICK HERE](#)
- Learn more about **healing through loss--** [HERE](#)

### Mindfulness Tools

- Mindfulness builds emotional regulation, resilience and self-compassion as you process loss.
- Quick and easy mindfulness content is available through **eM Life** [HERE](#).
- Access Code: THEHOMEDEPOT
-  eM Life app available to download

### Additional Support

- **988** offers 24/7 telephonic support through the Suicide & Crisis Hotline, text or call: 988
- Nationwide online groups and resources available through **GriefShare** [HERE](#)



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