



Employee Assistance Program

Life doesn't stop when you are at work. EAP will help you manage both.

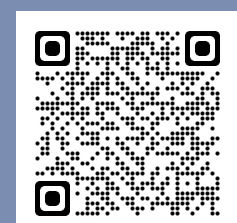
Coping With the Unexpected Loss of a Co-Worker

When a co-worker dies unexpectedly it can have a tremendous impact on those in the workplace. With that in mind, it is pertinent that people dealing with the loss of a coworker take the necessary steps to care for themselves during this time. Some ways to cope with the loss includes:

- 1 Acknowledge the loss** : give each other permission to discuss the loss and its impact.
- 2 Acknowledge individual reactions** : be aware of the different ways that people react to the loss and respect those differences.
- 3 Be kind to each other** : practice self-awareness and understanding with each other during this time.
- 4 Practice self care** : take time if and when necessary to give your body and mind a break.
- 5 Give yourself and others time to grieve** : give yourself and those around you time to process the loss.
- 6 Honor the lost co-worker** : honor the person who died in an appropriate way.
- 7 Use your resources** : use the resources available to you if you find yourself unable to function as you would like as a result of the loss.
- 8 Get back into a routine** : work towards reestablishing a routine; it can help in re-grounding you.

Call or visit the Child & Family Services

Employee Assistance Program website for confidential support today.



Contact Us Directly!

Call 716-681-4300

Visit eap.cfsbny.org



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Supporting a Grieving Co-Worker

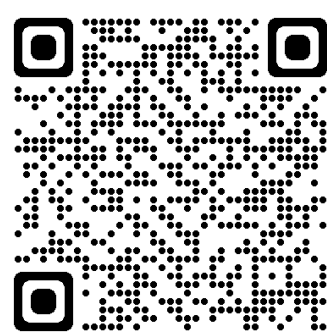
When co-workers experience a personal loss, you can:

- Acknowledge the person's grief and empathize with the impact of their loss.
- Expect tears, sadness, and respect the person's need for privacy.
- Show your support by offering assistance if needed.
- Include the person in social plans - give them the option to accept or decline the invitation.
- Practice patience and understand that the grieving process takes time.
- Be available to listen, when that person is ready to share.

When co-workers return to work, you can:

- Let the person grieve in the ways that are appropriate for them.
- Be aware that the person's mood may change.
- Provide a place of solitude for the person to go to when their emotions become too much to deal with.
- Meet the person where they are at emotionally, and avoid judgements.
- Be mindful of sharing your own stories and minimizing the person's loss.

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When supporting a co-worker, remember:

"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."

- Vicki Harrison