

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 co-worker 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 and give your body and mind a break. Pay attention to eating, sleeping and moving your body.
- 5 Give yourself and other time to grieve:** give yourself time, grief is a process, and may take time.
- 6 Honor the lost person:** consider creative ways to honor and acknowledge the loss with others.
- 7 Use Resources:** resources and materials are available for you. Reach out to administration, colleagues and EAP for information when needed.
- 8 Get into routine:** work towards reestablishing routines that help to ground you emotionally.

Call or visit the Child and Family Services
Employee Assistance Program website for confidential support.

