
INTERNATIONAL GRIEF INSTITUTE

RESILIENCE RX™

TIPS FOR WORK

Self care techniques for the bereaved

The science behind why they work and how to implement them after loss



An iCare Aftercare™ resource
International Grief Institute

INTERNATIONALGRIEFINSTITUTE.COM



BENEFITS

Grief is a significant stressor that impacts our emotional, physical and mental health. The stress of grief can make us less organized, less productive, and less efficient and lead to mistakes. Self-care at both work and home produce positive feelings and boosts confidence in time of stress.

The wealth of a company is built on
the health of its employees.

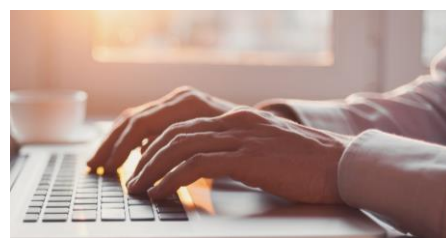
INTERNATIONAL GRIEF INSTITUTE

WHY IT MATTERS

Emotional stress and mental exhaustion make us less organized, less productive, and less efficient. Emotional depletion can lead to other health problems such as insomnia, hypertension, and more. Good self-care practices help you stay sharp, motivated, and healthy by serving as an anchor in times of upheaval.

WORK TIPS

- ◆ Work with your employer to identify a safe room you can use for 10 to 15 minutes when emotions bubble to the surface. This gives you the space to release those emotions and collect yourself in a private setting away from clients and colleagues.
- ◆ Consider requesting short-term light cognitive duty to help minimize mistakes and injuries—to yourself and others.
- ◆ Avoid operating potentially dangerous equipment until the fog lifts. This will maximize safety and minimize risk management issues.
- ◆ Because grief impacts you mentally, learn to let go, say no, and ask for help from others. Honor your own limits and don't hesitate to educate your office about the mental effects of grief.
- ◆ Compartmentalize at work if needed, but give yourself time to grieve both before and after work hours.



HOME TIPS

- ◆ Talk about your loss for at least 15 minutes every day. It's okay to ramble, rant, and repeat yourself. Talking is how we process. Processing is how we heal.
- ◆ Carve time in your schedule to do things you love. This will help recharge your battery.
- ◆ Eat healthy and stay hydrated to boost immunity and physical well-being.
- ◆ Engage in light exercise and practice good sleep hygiene.
- ◆ Sing. In the shower, in the car, in your bed. It releases muscle tension and stress.
- ◆ Enjoy a good belly laugh every day. Laughter releases tension, boosts your mood, and lightens a heavy heart. Watch a comedy or funny videos.
- ◆ Engage in activities involving repetitive hand motions such as beading, painting, pottery, knitting, gardening, wood-working or coloring. Repetitive hand motions calm the mind.
- ◆ Use journaling to release inner thoughts and feelings.
- ◆ Engage in support groups to have a safe place to release emotions.