

EMPLOYERS DON'T KNOW

But we can help them understand

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Her name was Kristen. As editor of a human resource magazine, she contacted me for an interview about employee grief two years ago. Her own story is startling and sad, yet I was moved by her courage to publish an article about a big problem.

Her story? She was covering an expo in Vegas when she got a call that changed her world: her husband died from a heart attack.

In shock Kristen returned to her hotel, packed her bags, faced a sleepless night, grabbed a morning taxi, sat through security and then a 6-hour flight home in mind-numbing despair.

Because she had used up her FMLA leave caring for her father in hospice earlier that year, Kristen was left with the allotted 3 days of bereavement leave—the national standard.

Three days to plan a funeral. And attend.

Three days to mourn.

Three days to transition from two to one. No longer part of a pair.

Three days before returning to the demands of her job.

Three days.

Self care articles for the bereaved

FOR PROFESSIONAL &
COMMUNITY USE



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International Grief Institute

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**It just feels wrong. Yet
employers don't know what
they don't know.**

But we can help them. Together we can educate and inspire change for a better way.

How? Ask questions. Share experiences. Talk strategies. What kind of bereavement leave does your employer offer? If you don't know, they probably don't either.

I know we face tremendous work ahead. But it's a challenge worth fighting.

Because employees are people.

People matter.

You matter.

Together we can make change.

And the world is starting to listen.