

MISSING MY NORMAL

TIPS FOR GRIEVING
AND DEALING WITH CHANGE



EMPLOYEE
ASSISTANCE
PROGRAM



We are all grieving
for the world that
we knew.

Normal is different.
Behaviours are
changed.
Routines have
shifted.

LOST OF LOVED ONES

Many factors now complicate grief, adding anger, shock, guilt and regret:

- a) Limited access to the sick and dying
- b) Unexpected loss of loved ones to a unfamiliar condition and
- c) Restrictions on funerals and other meaningful expressions

LOST OF FAMILIAR

Familiar is comforting and comfortable. It is predictable and controlled. Even when unpleasant, we cling to what we know and understand. We are invested in the familiar and feel hurt when it is gone.

ANTICIPATORY GRIEF

We grieve not only what we have lost but what we expect to lose. Our loss is not tangible or time bound, making coping difficult.

HERE ARE 5 WAYS TO MANAGE YOUR GRIEF



ACKNOWLEDGE YOUR GRIEF

Denial, anger, bargaining, depression and acceptance are all part of grief. Check in with yourself and ask others for feedback.

TIP: Scan your body and mind. List the sensations, feelings and thoughts you are experiencing.

STAY IN THE PRESENT

Our thoughts don't have a full stop—they can go on and on. Focus on what is important now and enjoy the moment. Take it one day at a time.

TIP: Ground your self by finding 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

RELEASE WHAT YOU CANNOT CONTROL

It is scary to accept when we can't do more. Recognise your feelings of helplessness and powerlessness. Then focus your energy on things you have influence over. You will feel empowered.

TIP: Do a spontaneous act of self care. Make a goal to achieve one small thing by the end of the day.

CHALLENGE YOUR BIAS THINKING

We pay attention to negative, and often discount the positive. While helpful in avoiding harm, this skews perspective. Be open to various outcomes.

TIP: Next time you have a one-sided thought, think of a possible alternative that could also be true.

GIVE YOURSELF A BREAK

Grief is a process that we must give ourselves permission and space to go through. There is nothing wrong with you if you have bad days. You might not be able to be as productive as normal.

Allow yourself to be not ok.

Take time to be and feel however you need to at this time.