

## MOURNING A CO-WORKER'S DEATH

1. How we process the smaller losses in our lives will determine how we are able to relate to the larger losses.
2. Grieving is an expression of love
3. One of the greatest gifts we can give ourselves is the space to grieve as we need to.
4. Understand that each person grieves differently; there is no "right" way of doing it .
5. And there is no time clock to punch that says your time for grieving is over.
6. Try to express your thoughts and feelings openly. When you share outside of yourself, healing occurs. Openly talk about the person who has died. Sharing memories brings both laughter and tears.
7. Expect to feel a variety of emotions.  
Its okay to feel very sad, tearful, confused and disorganized. Don't berate yourself for not getting the work done perfectly. Expect feelings of anger, fright and of being overwhelmed.
8. Avoid people who are critical or who try to steal your grief from you. Hang out with people who can encourage you; who will walk alongside of you in your grief. Be careful not to push your colleagues to "get over it."
9. Know that you may feel extra fatigued or have greater

difficultly to think clearly.

10. Treasure the memories of your co-worker.

11. Embrace your spirituality.

If faith is part of your life than express it in ways that are helpful to you. Having faith does not mean you don't have to grieve. Accept feelings of anger towards God for allowing this to happen; these are very normal feelings of your grief.

12. Remember that grief is a process not an event.

As you do the hard work of grieving, you move to a renewed sense of meaning and purpose in your life.