

# Recognizing Grief

## **grief** noun

\ˈɡriːf\

### Definition of *grief*

- 1 a : deep and poignant distress caused by or as if by bereavement  
// his *grief* over his son's death
- b : a cause of such suffering  
// life's joys and *griefs*

source: Google

**"Acknowledgment and discussion of loss and identifying the feelings associated with that loss helps people function with fewer mental health issues (Wagner, 2022)."**

Wagner, M., PhD. (2022, June 13). Recognizing the Many Faces of Grief in the Workplace. Spring Health. <https://www.springhealth.com/blog/recognizing-grief-at-work>

Grief is a natural response to loss and can show itself in many ways, including emotional, mental, and physical changes. It is important to recognize that grief is a unique experience for everyone, and there is no "right" way to grieve; there is also no timeline. Grief can be experienced not only when someone dies, but also when a relationship ends, a job is lost, or a significant change occurs. Losses of all kinds can have a significant impact on our hearts, minds, and bodies. By raising awareness about the impact of grief, we can create a more compassionate and supportive world for those who are experiencing loss.

## Grief Awareness Day

- Grief Awareness Day is observed on August 30th to raise awareness about the impact of grief on individuals and communities. This day provides an opportunity to acknowledge the pain and suffering that comes with loss, as well as the importance of providing support and understanding to those who are grieving. The acknowledgment of this day is meaningful for both griever and those who support them. There are several ways to get involved this year-- think about what you can do to help.

## What You Can Do

- Raise Awareness: Encourage participation by telling your coworkers, friends, family, and social media followers about Grief Awareness Day.
- Reach Out: Connect with those you know who have suffered a significant loss. Bring a meal by their house or call and talk with them about their loss. Let them know they are not forgotten.
- Share Your Story: If you are grieving a loss, tell someone. Share your experience. Shine a light on your loved one by talking about them and the impact they made on you, others, and the community.



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