



Strategies for Navigating Grief

Emory Flourishing at Grady offers these strategies to help you navigate the grief process. Choose strategies that speak to you and try different approaches over the course of a grief process.

Prioritize your Emotional Well-Being

- Remember grief is a normal response to loss
- Ride grief's emotional waves to the extent possible given your responsibilities
- Show compassion toward yourself
- Express your feelings constructively to prevent them from negatively impacting you
- Make meaning
 - Remember and honor who/what you lost
 - Engage in creative outlets
 - Embrace new rituals around the holidays
 - Connect with people experiencing similar types of grief
 - Engage in acts of kindness toward others (e.g., volunteer)
- Be mindful of signs of complicated grief or depression

Take Care of Your Physical Wellbeing

- Prioritize rest and sleep
- Stay hydrated
- Focus on healthy nutrition
- Engage in physical activity
- Spend time in nature
- Practice mindfulness and meditate

Keep Your Behavior on Track

- Maintain a routine, where possible for stability and a sense of normalcy
- Set small, achievable goals
- Limit overstimulation (i.e., reduce social media, news intake)

Stay Connected

- Keep up with social activities as much as you can
- Accept social outreach and support
- Reach out to trusted friends, family, or colleagues
- Build a culture of support during periods of individual or collective grief at work
- Seek professional support to prevent prolonged suffering and facilitate recovery