



BENCO STAFF GUIDE TO NAVIGATING GRIEF

Resources and information to help navigate the grieving process in your personal and professional life.

Get the support you need:

Talk or text crisis line
988

Benton county crisis line
888.232.7192

What is grief?

Grief is a natural response to loss. It is the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness.

Your loss is personal to you, so don't feel ashamed about your emotions or believe that it's somehow only appropriate to grieve for certain things. If the person, animal, relationship, or situation was significant to you, it's normal to suffer the loss you are experiencing.

Whatever the cause of your grief, there are healthy ways to cope with the pain. Time can ease your sadness, help you come to terms with your loss, find new meaning, and eventually move on with your life.



THERE IS NO RIGHT OR WRONG WAY TO GRIEVE

Grieving is a highly individual experience; there is no right or wrong way to grieve. How you grieve depends on many factors, including your personality, coping style, your life experience, faith, and how significant the loss was to you.

The grieving process takes time. Healing happens gradually; it can't be forced or hurried— and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process takes years. Whatever your grief experience, it's important to be patient with yourself and allow the process to unfold naturally.

Grief can also bring up past trauma, as the process is not linear, nor is there a time when you become "fully healed." Grief can continue to be present in your life, but with appropriate skills, you can learn to live with loss in a healthy, productive way.



5 STAGES OF GRIEF

- Denial: "This can't be happening to me."
- Anger: "Why is this happening? Who is to blame?"
- Bargaining: "Make this not happen, and in return, I will."
- Depression: "I'm too sad to do anything."
- Acceptance: "I'm at peace with what happened."

These stages of grief were initially based on studies of the feelings of patients facing terminal illness, but many people have generalized them to other types of negative life changes and losses, such as the death of a loved one or a break-up.

RESOURCES

LUMINA HOSPICE OFFERS GRIEF AND LOSS SUPPORT GROUPS AND RESOURCES

<https://www.luminahospice.org/grief-loss/>

SAMARITAN EVERGREEN HOSPICE

BEREAVEMENT SUPPORT IS AVAILABLE AT NO COST TO ANYONE IN THE COMMUNITY, WHETHER OR NOT THEIR LOVED ONE WAS ON OUR HOSPICE PROGRAM.

For more information, please call their Bereavement Coordinator at 541-812-4680, or check out their website:

<http://www.samhealth.org/services/hospicepalliativecare/Pages/bereavementservices.aspx>

Daily affirmation emails can help you find a glimmer of light in the darkness.
<https://www.mchenryfuneralhome.com/grief-and-healing/daily-email-affirmations>

RESOURCES CONTINUED

The Paradoxes of Mourning:
Healing Your Grief with
Three Forgotten Truths
By Alan D. Wolfelt, Ph.D.

Grief One Day at a Time: 365
Meditations to Help You
Heal After Loss
By Alan D. Wolfelt, Ph.D.

For more books:
<https://nymag.com/strategist/article/best-books-grief.html>

Benco's Employee Assistance Program offers 24/7/365 Crisis telephone coverage staffed by trained counselors! Plus members get 3 free sessions per unrelated incident. Call Misty, Director of People, for more details