

EMPLOYEE ASSISTANCE AND WORKLIFE
SOLUTIONS



HEALING YOUR HEART

Finding Strength Through Grief

HEALING YOUR HEART

Grief changes us, whether we've lost a loved one, a relationship, or even a sense of normalcy. It can arrive suddenly or linger softly, reshaping our sense of time, purpose, and identity. But even in its heaviness, pain holds a quiet truth: the depth of our heartache reflects the depth of our love and devotion.

Strength through grief comes not from “moving on,” but from allowing yourself to move with what you feel.

FINDING STRENGTH WITHIN

Grieving is not about being “strong” in the traditional sense, nor is it a linear process. Strength through grief comes not from “moving on,” but from allowing yourself to move with what you feel. Some days you may feel steady, and others may take you by surprise. In these moments, keep these tips in mind:

- **Embrace your emotions**
Start to notice your emotions and allow sadness, anger, and even moments of peace or relief to coexist.
- **Create small anchors**
A walk, a cup of tea, or a brief daily routine can provide a sense of grounding when life feels uncertain.
- **Connect meaningfully**
Journaling, reflecting on memories, or spending time in nature can help you process.
- **Practice self-compassion**
Healing takes time. Allow yourself to rest, cry, and rebuild in your own way.





SUPPORTING OTHERS THROUGH LOSS

HONORING THOSE YOU'VE LOST

Keeping memories alive can help transform pain into purpose. Consider ways to celebrate and carry forward the legacy of someone you've loved:

- **Create a ritual**

Think of a special memory and honor it by lighting a candle, playing music, or visiting a special place.

- **Share stories**

Telling and retelling memories helps keep their spirit alive in conversation.

- **Give back**

Volunteer or contribute to causes they cared about. Small gestures can ripple outward in their honor.

- **Preserve their memory**

Make a photo collage, playlist, or keepsake that brings you comfort.

- **Live their legacy**

Continue traditions they started or embody their kindness, humor, curiosity, or generosity in your own life.

If it's someone you care about who is grieving, you may not know what to say or how to comfort them. Your presence, more than your words, is often what helps most. Here are a few guiding principles.

- **Acknowledge their loss**

Start with simple, sincere statements like, "I'm so sorry this happened," or "I can't imagine what you're going through," convey that you care without needing them to respond if they aren't up to it.

- **Listen without fixing**

Next, know that grief doesn't need answers, just presence. Listen more than you talk and offer space for their story and their silence.

- **Offer specific help**

When appropriate, provide tangible comforts that ease burdens, like meals, errands, and childcare. "Can I bring dinner on Wednesday?" or "Would you like company for a walk?" is more helpful than "Let me know if you need anything."

- **Respect their rhythm**

There's no "right" way to grieve. Some people talk, some withdraw, some stay busy. Let the person express their feelings without judgment or pressuring them to move on.

HEALING REMINDERS

Healing doesn't mean forgetting or that you'll stop missing someone you've lost. It means learning to live with the love and memories in a new way.

Healing also doesn't have to be lonely — lean on compassionate friends and family and accept help when it's offered. Your Employee Assistance Program is also available 24/7, so call us any time for support during difficult or upsetting times.



EMBRACING LOSS

Wednesday, February 11, 2026
2-3 p.m. E.T.

LIVE WEBINAR

In this thoughtful and compassionate webinar, we create a safe space to discuss emotions and the healing process of losing a loved one. Learn about healthy coping mechanisms and valuable resources to support navigating your healing journey with openness, understanding, and resilience.

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