

Grief & Gratitude: Insights and Tools for the Workplace

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✔ Grief is more than death and divorce

It is the **normal** and **natural** reaction to: a loss of any kind, a major life event, or significant change. Grief is cumulative, and cumulatively negative.

✔ Grief impacts our health and day-to-day functioning

You may notice these in yourself, partner, or colleague: **impaired memory, trouble concentrating, less engaged/motivated, disrupted sleeping/eating patterns, anxiety and/or depression.**

✔ Building your awareness + making space is healing

Avoid "shoulding" yourself ("I should feel grateful/let it go/not feel bad/push through"). These **add pressure** and can lead to outbursts (think of the tea kettle with a cork in the spout!)

✔ Take your Emotional Inventory to validate feelings

List 1 major concern/loss and then all secondary concerns, feelings, or losses (without judgement!). **This helps validate feelings and bring clarity to where you need to act, release control, or ask for support.**

✔ Connect with others

Reach out to people in your workplace or personal community and **know you are not alone in wishing things were different, better, or more.** You can also reach out to us if you need additional grief support.

