

Grief and loss: A toolkit

The @Work Toolkit is a collection of additional resources and tips that might be useful when discussing the topic with your team.



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Further Insights

The 7 Stages of Grief

1. Shock and denial
2. Pain and guilt
3. Anger and bargaining
4. Depression, reflection and loneliness
5. The upward turn

6. Reconstruction and working through

7. Acceptance

From [WebMD](#), here is some helpful advice on how to come to terms with your loss:

- Give yourself time. Accept your feelings and know that grieving is a process.
- Talk to others. Spend time with friends and family. Don't isolate yourself.
- Take care of yourself. [Exercise](#) regularly, eat well, and get [enough sleep](#) to stay healthy and energized.
- Return to your hobbies. Get back to the activities that bring you joy.
- Join a support group. Speak with others who are also grieving. It can help you feel more connected.

Did You Know

More than 42% of people surveyed in December 2020 by the U.S. Census Bureau reported symptoms of anxiety and depression, which increased by more than 30% from the previous year.

How to talk about grief and loss

Provide safety and structure. Start by considering the following questions: "What does it mean to feel safe?" and "What does it mean to be listened to?" Make a list of these attributes. Preview any discussion questions, so you know what to expect. Any sharing should be completely voluntary. Take a break if needed, either by taking a walk for fresh air, getting a drink of water, or going to a special area. Build confidence by intentionally sequencing discussions: Do low-stake sharing (such as a word) first and, over time, shift to higher-stake sharing (sharing a story or experience).