

"Supporting Employees
Coping with Loss and
Grief During a
Pandemic".



OBJECTIVES



To facilitate a culture of compassion

To understand the elements involved in grief and mourning

To provide specific tools for healing / or processing grief

Grief & Mourning in the Workplace.



The work place is a
grieving place.

The employee is
the same person
in the workplace &
out.

To heal in grief means
to become whole
again, to integrate
your grief into your self
and learn to continue
with your changed life.



Commun misconceptions

1

GRIEVING IN STAGES

2

BEING STRONG AND
CARRYING ON

3

THE WORKPLACE IS NOT
A PLACE FOR SADNESS

4

LEAVE THE GRIEVING
PERSON ALONE

What's your feeling now?



Calm

Excited

Stressed

Sad

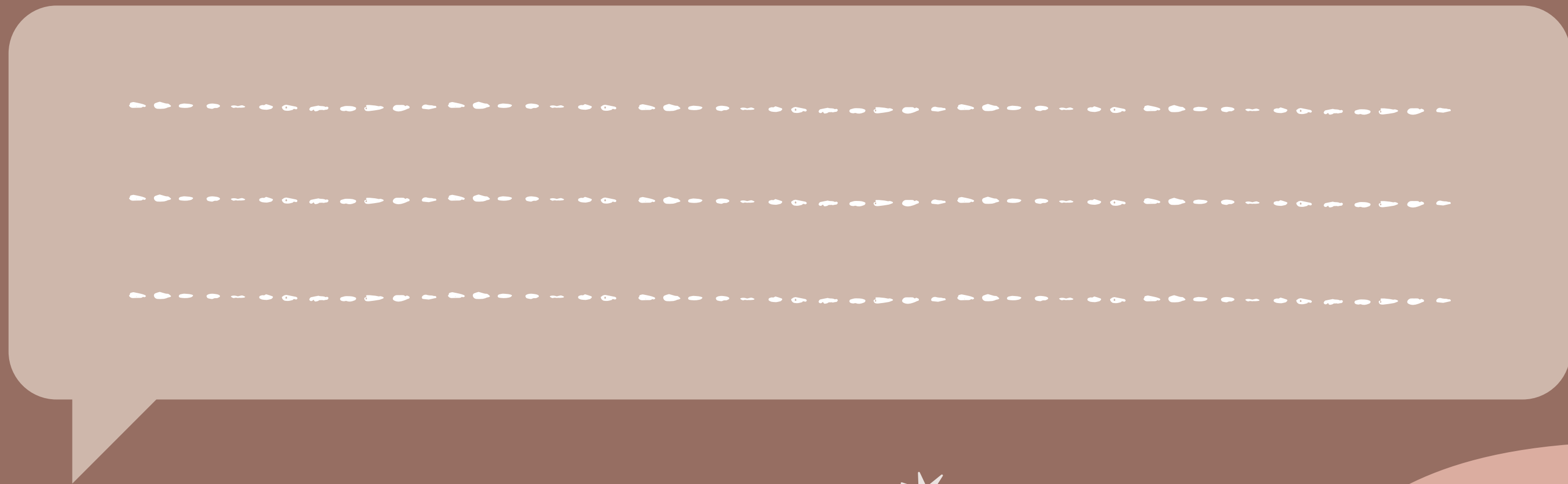
Happy

Bored

Worried

Angry

* Describe something about
* your loved one



A large, light brown speech bubble with rounded corners and a tail pointing towards the bottom left. Inside the bubble are three horizontal dashed lines, intended for writing a description of a loved one.



RELAXATION





OPEN YOUR
MIND-BODY-
HEART &
SPIRIT TO
MOURNING

Let's Discuss

- EMOTIONS
- COGNITIONS
- PHYSICAL SYMTOMS
- SOCIAL REPERCUSIONS



ADDITIONAL RESOURCES



HEALING GRIEF AT WORK

By Alan D. Wolfelt PH.D

PLEASE BE PATIENT I'M GRIEVING

By Gary Roe



Thank You

See you next time