

Ways to Help Deal with Grief, Loss, Trauma & Change

- Get up earlier to allow yourself more time before you go to work.
- Before entering your office, pause to look around outside. Notice what kind of day it is, the clouds in the sky, the birds, etc. Get mentally tuned to the outside environment so that you can keep it in your mind during the day.
- If possible, try to pay less attention to time. Take your watch off. Learn to pace yourself.
- Regulate how many items you put on your “To Do” list. Set priorities.
- During lunch or breaks, avoid discussing business. Eat slowly. Take your full lunch period. Relax. Exercise.
- Go to lunch with an enthusiastic co-worker. High energy can be catching.
- Find a specific place at work or home where you can go to sit quietly for 5-10 minutes. Take a walk. Relax.
- Compose written reminders for yourself and place them where you will read them. For example: “I am going to slow down today and I will feel better because of it.”
- Be willing to say “No” when you need to.
- Ask for help!
- Focus on an immediate goal, especially one that you enjoy. Work on this task until you finish it.
- Collect appreciation that is due you. Visit some people who help make you feel good about yourself and your work.
- When you are feeling “down and out”, make a list of all the reasons you do not need to be. The vacation you are planning, why you’re in this job and what you like about it, friends you have met, etc.
- Re-energize yourself through relaxation techniques or meditation.
- Talk with a friend, family member, or CONCERN counselor.
- Pay attention to your health, diet, and sleep. If you “don’t have the time,” ask yourself if you have the time to be ill!
- Take care of yourself as you might others. Now is the time. Things do get better—remind yourself.