

Grief Support Suggestions

There is a wide variety of reactions people face during the grieving process. **Only you know** what's right for you; don't let others tell you how you should feel, react, or grieve.

There is not a guide to determine when you should start or stop grieving. If you feel you aren't improving as quickly as you'd like, always check **additional resources** for support.

Grieving is a **process** - you may need to ask for different types of support from your family or friends at different times. Let **others** know how they can **help**.

Familiar activities can be comforting during times of distress because they allow you to **successfully manage your life again.** Try to select a couple of activities in your routine that you can begin again.

You are not alone. You have friends, family, co-workers, neighbors, and church groups **available** in times of need. **Rely on those** there to support you during this time.

Cleveland Clinic Wellness Enterprise, Lifestyle Employee Assistance Program, 800-989-3277