

Coping with the Death of a Co-Worker

The news of the death of a co-worker can impact the workplace emotionally as well as operationally. The effects of the loss are determined by many variables including how long the employee worked there, the suddenness of the death, and the nature of one's relationship with the deceased. There is no "right" way to grieve but acknowledging the loss and knowing how to take care of yourself will help you move through the stages of bereavement.

Notice Signs of Grief

Sometimes, there are reactions such as fatigue, changes in appetite or sleep patterns, difficulty concentrating, or even irritability that accompany sadness and loss. These normally pass with rest and time.

Give Yourself and Others Time to Heal

Be patient and understand that some may need more support than others. Allowing time to talk about what has happened is healthy.

Honor the Deceased

Taking time to remember the person, putting together a memory book, or sending a card to the family are constructive actions that help to acknowledge the loss. Keeping a picture or placing a plant in memory of a coworker can provide comfort for some. If appropriate, attend the memorial service.

Use Your Resources

The Employee Assistance Program is free and confidential. Counselors are available to help. Resources can also be found on the website — www.EAP4YOU.com.

USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust 

800-327-4968

(800-EAP-4-YOU) TTY: 877-492-7341

www.EAP4YOU.com

