

Coping with Loss of a Loved One

Below are some strategies for coping in the difficult time after losing someone close to you. Remember to be patient with yourself. Mourning takes time and it's common to have roller-coaster emotions for a while.

Take care of yourself. Try to eat right, exercise, and get enough sleep.

Talk to caring friends. Let others know when you want to talk.

Find a grief support group. It may help to talk to others that are grieving.

Talk to your doctor. If you are having trouble with everyday activities, like getting dressed, or fixing meals, see your healthcare provider.

Consider additional support. UT SELECT members have access to free counseling through the Employee Assistance Program.*



*Contact your local Employee Assistance Program (EAP) to speak with a professional about coping with your loss. Visit www.livingwell.utsystem.edu/eap.htm for details.

*This benefit is available at **no cost** to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*