

RESILIENCY

Resiliency In The Moment: Confronting Grief



“Whatever you’re facing today, keep going. Keep moving. Keep hoping. Keep pressing on. **There’s victory on the other side.**”

– Mandy Hale

Have you been feeling empty lately? Perhaps that feeling you’re experiencing is grief.

1. Acknowledge your pain and seek support from people who care about you.
2. Consider reaching out to the Employee Assistance Program (EAP) – 314.747.7490.

Grief comes in many different forms, some temporary, some life altering. Understanding the stages of grief will help (Denial, Anger, Bargaining, Sadness, Acceptance). Rather than suppressing your emotions, share those emotions with someone close to you. Denying your feelings will only delay the grieving process.

Visit thrivebybjc.org for your employee well-being resources at BJC

Need more help? Employee assistance is available at bjceap.com or (314) 747-7490