
January 2010 *LifeSolutions* Corner

One of my coworkers recently died unexpectedly. I hate to walk past her cube now—it's so empty. I miss her a lot. Can *LifeSolutions* help?

Yes, we can. Here are some thoughts to consider as you are missing her:

- ◆ You may feel shocked, sad, anxious, angry, or resentful that your coworker has died. Guilt about being alive yourself and/or thoughts about your own mortality may come up unexpectedly. Those thoughts and feelings are all normal responses to loss. Talking about them can be very helpful.
- ◆ Sometimes it helps a lot just to know that what you are feeling is normal and that over time you will begin to feel better.
- ◆ Feeling better or “back to normal” takes longer for some people than for others. That’s ok. There’s really no time frame by which you “should be over” grieving for your coworker.

Some ideas about ways to acknowledge and remember your coworker:

- ◆ Get together with your manager and coworkers to share memories of your coworker. Have a sharing time at a staff meeting, a special “remembering” lunch, or a memorial service before or after work.
- ◆ Put her picture and some fresh flowers on her desk. Encourage coworkers to stop in the office and say goodbye to her in their own ways for a few days.
- ◆ Make a scrapbook of pictures, stories, quotes, awards, etc. that are related to your coworker. Keep it in the office where people can see it, and/or consider giving a book of memories and awards to your coworker’s family.
- ◆ Think about what you have learned or recognized as a result of knowing your coworker and of grieving her death. How have these experiences enriched your own life and your understanding of what is important to you?

LifeSolutions is here to help. We will be glad to listen and talk with you about grief and loss. To schedule an appointment, give us a call: 1.800.647.3327.

For more information and articles on grief, visit our website, www.lifesolutionsforyou.com, and log in to the *WorkLife* portal.

