

# Dealing with Grief

## TIPS FOR HEALTH CARE PROFESSIONALS

*It is common for those working in health care to experience grief after the loss of a patient. Learn how to cope and effectively move forward with these 10 tips to avoid exhaustion and burnout.*



TABITHA

- 1** — **RECOGNIZE THAT DEATH IS INEVITABLE**  
If the client's condition starts to deteriorate, prepare yourself by acknowledging that death is a possible outcome.
- 2** — **ALLOW YOURSELF TO GRIEVE**  
Don't hold back emotions; allow yourself to cry. Being open and accepting of the grieving process will help you relate to other clients down the road.
- 3** — **COMMUNICATE WITH THE CLIENT'S FAMILY**  
Express your condolences, hug them (if you are comfortable) and attend the funeral, if possible. Interacting with the family will help you validate the effort you put in and give you closure.
- 4** — **TALK WITH YOUR COLLEAGUES**  
It is therapeutic to talk about what you are going through with those who can share advice from their similar experiences.
- 5** — **PRAY OR MEDITATE**  
This is a practical way to clear your sorrow and give you peace of mind.
- 6** — **GIVE YOURSELF A BREAK**  
If you feel burned out, avoid accepting extra work or shifts and talk to your immediate supervisor.
- 7** — **ENGAGE IN A RELAXING TRIP OR ACTIVITY**  
Plan a vacation or social activity to help you reflect and divert your attention.
- 8** — **GET MOVING AND SPEND TIME OUTDOORS**  
Exercising helps alleviate stress, and sunlight improves mood.
- 9** — **NEVER LOOK FOR A REASON**  
Death and illness are not always easily explained. Instead of asking yourself why it happened, focus on providing comfort and support to others during this difficult time.
- 10** — **DON'T DWELL IN YOUR GRIEF**  
Remain hopeful, even if you feel you can't get past negativity. Allow yourself the time needed to validate your feelings, but do not allow yourself to be stuck.

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