

## April Topic: Grief

This topic is the first in a monthly series designated to the mental health of ourselves, coworkers and loved ones.

Grief after loss is a universal experience, and we don't have to navigate it alone. Learn more about the layers of grief, and how you can be supported in your journey.

### How to Handle Grief:

- Be kind to your mind. If you're struggling to think clearly, try writing things down to help you focus. Get enough rest and give yourself breaks.
- Take care of yourself. Even little things like eating regular meals, going for short walks, or engage in a well-being activity, like yoga or meditation.
- Seek support. Talk to trusted friends and family or consider grief counseling. Counselors can offer a safe space to process and provide coping mechanisms. Check out your Employee Assistance Provider at [UndertheHat.com](https://UndertheHat.com) for counseling options.

### Supporting Someone Who is Grieving:

- Be patient. Grief has no timeline. Keep offering support and understanding over time.
- Sharing stories and memories of the lost loved one can be a great comfort.
- Be present, not pushy. Let them know you are there to listen without trying to fix everything and accept their need for space. Consider recommending grief counseling.

**Remember:** Grief is a journey. Don't hesitate to ask for and accept support as you or a loved one navigate this experience.

*Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on [UndertheHat.com](https://UndertheHat.com).*

# CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

**Topic:**

Crew Member Names
