



# The Stages of Grief

## And How Your EAP Can Help.

### About the Stages of Grief

Grief is a universal and normal human reaction to a loss (of a job, relationship, divorce, etc.), death, or any other change that alters one's life as they know it.

### The Stages of Grief

#### 1. Denial

Avoidance  
Confusion  
Shock  
Fear

#### 2. Anger

Frustration  
Irritation  
Anxiety

#### 3. Bargaining

Struggling to find meaning  
Reaching out to others  
Telling one's story

#### 4. Depression

Overwhelmed  
Hopelessness  
Flight

#### 5. Acceptance

Exploring options  
New plan in place  
Moving on

### Facts About the Stages of Grief

Not everyone will experience all five stages, and you may not go through them in this order. Grief is very personal, and you may feel something different every time.

Grief is different for every person, so you may begin coping with loss in the bargaining stage and find yourself in anger or denial next. You may remain for months in one of the five stages but skip others entirely. You may need several weeks, or grief may be years long.

If you decide you need help coping with the feelings and changes, a mental health professional is a good resource for vetting your feelings and finding a sense of assurance in these very heavy and weighty emotions.

### How Your EAP can Help

If you are suffering from grief or loss, your EAP can help. Deer Oaks, your EAP, can provide you with information and communication, emotional support, as well as guidance and direction. We will provide in-the-moment telephonic support, conduct an assessment, and determine an appropriate plan of action, which may include short-term counseling, referrals to support groups and other community resources, or a referral to your health plan for more intensive support and/or medication. Helpful information about grief and loss is also available.



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