

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is an oval with a dark blue background. Inside the oval, the word "Apollo" is written in a white, cursive script. Below "Apollo", the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: September 2023

Navigating Grief and Loss: Understanding the Journey

Losing a loved one is one of life's most challenging experiences and understanding how to cope with grief is essential. Grief is the natural response to loss, encompassing a range of emotions and reactions. Recognizing the signs, stages, and causes of grief can help individuals navigate this difficult journey.

Signs of Grief

Although everyone's grief journey is unique, the stages of grief outlined here can provide insights into the common emotional process:

1. Denial: Initially, it might be hard to accept the reality of the loss.
2. Anger: Feelings of frustration and anger towards the situation or even the person who passed away can arise.
3. Bargaining: People often attempt to negotiate with a higher power or seek ways to reverse the loss.
4. Depression: A deep sense of sadness and longing can settle in as the reality sinks in.
5. Acceptance: Over time, individuals begin to come to terms with the loss and find a way to move forward.

Causes of Grief

Grief can be triggered by various types of loss beyond just the death of a loved one. Some common causes include:

- Death: The loss of a family member, friend, or pet can evoke intense grief.
- Divorce or Breakup: The end of a significant relationship can result in feelings of grief and sadness.
- Loss of Health: Coping with a serious illness or disability can lead to grief over the life one once had.
- Loss of Job: Sudden unemployment or retirement can trigger feelings of loss and uncertainty.
- Moving: Relocating from a familiar place can lead to a sense of loss of one's old life.

Coping Strategies:

1. Allow yourself to feel: It's okay to experience a wide range of emotions during grief. Give yourself permission to feel and express your feelings.
2. Seek support: Reach out to friends, family, or professionals who can provide a listening ear and understanding.
3. Maintain Self-Care: Focus on eating well, getting enough sleep, and engaging in activities that bring you joy.
4. Create Rituals: Establish meaningful rituals or memorial activities to honor the memory of your loved ones.
5. Practice Patience: Grieving takes time. Be patient with yourself and don't rush the process.
6. Professional Help: If grief becomes overwhelming, consider seeking support from a counselor or therapist.

HEALTHY OR SAFETY REMINDER: Go to [AirNow.gov](https://www.airnow.gov) to stay informed of current on the local air quality. Or use your phones weather app to keep track of the current air quality. Our action levels are: AQI of 69 hazard communication for all workers, AQI of 101 or higher evaluate engineering controls and supply N95 respirators for voluntary use, and an AQI of 501 or higher, then full-face respiratory protection equipped with HEPA filters must be used.

Remember, coping with grief is a unique journey, and there's no right or wrong way to navigate it. The most important thing is to allow yourself the time and space to find ways to honor the memories of those you've lost.

Discussion Points/Quiz Questions:

1. What are the stages of grief?
2. What are some of the coping strategies?
3. How long does it take to complete the grieving process? As long as it takes, everyone is different.