

Take Time to Heal

Grief is a normal process of healing. Grief is not an emotion but it's the natural reaction to a loss: death, divorce, breakup, job loss, the loss of an important relationship, loss of independence, or disability.

It is important to understand that grief is different for everyone. There is no time limit on the grieving process. Coping with the loss of someone or something you love is one of life's biggest challenges. Often, the pain of loss can feel overwhelming. You may experience a range of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your overall health, making it difficult to sleep, eat, or even think straight.



*"Grief is the price we pay for love."
-Queen Elizabeth*

Important Tips:

- Utilize your support system of family, friends, church, and coworkers
- Take the time you need
- Keep busy, try to resume your normal routine
- Join a support group
- Self-care
- Relaxation
- Eat Well
- Get plenty of rest

Grief can be a roller coaster and there is not a right or wrong way to experience grief. Having face to face connections can prove beneficial in your healing process.

Reach out to the CareATC Health Center to schedule an appointment with your Provider to discuss your mental health needs or concerns.

If you are feeling suicidal and need immediate assistance, contact the National Suicide Prevention Lifeline at 800-273-8255 or text 7141741. Help is available 24 hours per day, 7 days a week. **You are never alone.**

Three easy ways to schedule an appointment:

📞 800.993.8244 🖥️ www.careatc.com/patients 📱 CareATC app