

Good Grief: Healing After a Loss

Losing a loved one is an indescribable pain, one that we all experience at some point. Grief is the natural and deeply personal response to our loss. It's a complex mix of emotions that can include sadness, anger, and confusion. For some, grief might be a quiet internal process; for others, it might be an outward expression of emotion. Grief doesn't follow a set pattern or timeline. It's a reflection of the love and connection that we feel for the person we lost. Just as there's no one-size-fits-all approach to grief, the healing process is personal. It's also non-linear. It's common to have days when the pain feels lighter, followed by moments when it feels overwhelming again. This ebb and flow is a normal part of healing.

Self-care is paramount. It's important to keep a regular sleep schedule, eat nutritious meals, and engage in light exercise. Take each day as it comes, with a generous dose of self-kindness and self-patience. Equally important is seeking support – whether it's from friends, family, coworkers, or professional counselors.

Acknowledging and sharing feelings can offer some relief. Whether it's through conversation, writing, art, or some other way, releasing emotions is a healthy way to cope.

Sweet Dreams

Did you know that you spend about 24 years of your life sleeping? Too little sleep means you are not performing at your best and increasing your health risk for heart disease, obesity, and diabetes. Also, studies point to the fact that too much sleep can pose similar health risks. Learn more about best practices for achieving a good night's sleep:

[If you're going to spend 24 years sleeping, make sure you do it right.](#)

Remembering and celebrating the life of the loved one can be comforting. This might involve sharing stories and photos or participating in activities the loved one enjoyed. Finding a support network is essential. Often, there's an outpouring of support from family, friends, and colleagues in the early days after a loss, but later, the recovery process can be lonelier. It can be painful to see others move on with their lives if your own loss continues to feel unbearable. When that happens, seeking professional counseling can be a positive step forward.

Your MAP offers counselors who specialize in grief and recovery and can be reached 24/7/365 by calling 800-252-4555. They can offer a safe space to explore emotions and work through the complexities of grief. Coping with grief is one of the most common reasons people turn to their MAP. Each person's journey is unique, and finding the right combination of self-care, support, and professional help is key to navigating the path to recovery.

Related Past Newsletters

- [When grief is complicated](#)
- Helping other who suffer a loss: [Master this vital life skill](#)

Featured Webinar for March



Bullying: Awareness and Effective Response – Learn to identify the signs and behavior of bullying in both the workplace and in school. This session offers strategies and steps to combat and prevent bullying.

Simply log in to www.UnionAP.com during March to take the webinar at your convenience and explore related resources. Check in next month for a new topic!



Key Dates in March

- [National Nutrition Month](#)
- [National Kidney Month](#)
- [National Colorectal Cancer Awareness Month](#)
- [MS Awareness and Education Month](#)
- 3/3-3/9 – [National Consumer Protection Week](#)
- 3/10-3/16 – [National Sleep Awareness Week](#)
- 3/14 – [World Kidney Day](#)
- 3/17-3/23 – [National Poison Prevention Week](#)
- 3/18-3/24 – [National Drug and Alcohol Facts Week](#)

March Training Picks

Why not use those housebound winter days to learn something new? Explore thousands of personal and professional development courses. Simply click on “**Member Login**” at www.UnionAP.com, sign in, and click on the comprehensive training library in the “**Training Center**.”

- **Grief at Work: Coping Strategies | Course ID: SVL_1020879**
Learn strategies for coping with the loss of a loved one while working in this 7-minute video: making time for self-care, finding support, and understanding workplace benefits.
- **NEW! Google Generative AI APIs: Introduction to Google Bard**
Course ID: it_gaigapidj_01_enus
In this 72-minute video, explore the Bard interface and learn to use Bard to answer questions and create content while also understanding Bard's limitations, features, and best practices.
- **Quick and Easy Leg Exercises: Standing Quad Stretch | Course ID: SVL_104432**
This 7-minute video consists of 4 fully demonstrated exercises designed to strengthen your legs, improve your flexibility, relieve pain, and prevent future injury. No equipment or change of clothing is necessary.

Learn More!



Scan the QR code with your device or smart phone to explore more of your member benefits!



How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

Accessing Your MAP Training Center

1. Go to www.UnionAP.com and click **Member Login**.
2. If you've already created an account, log in with your User Name/Password.
3. If it's your first time, click **REGISTER** to create your User Name and Password. **You only need to register once.**
4. Click the '**Training Center**' and then choose '**Comprehensive Training Library**'.
5. In the **Search** bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon, and click the '**Play**' or '**Start**' button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To get your certificate, click on the ribbon icon below the right corner of the video. The certificate will download to your computer.

