

ADVICE FOR EMPLOYERS

BEREAVEMENT

Grief from a death can follow employees to work. Employers can help a grieving employee cope by following some simple suggestions.

Ways of Helping a Grieving Employee at Work

- Ask how the bereaved worker is doing.
- Listen to the grieving employee's response.
- Provide some flexibility in work hours. Time off or adjusted schedules can help the worker cope with the combined stress from work demands and grief.
- Be patient. Realize that the grieving process takes time and that a grieving employee may not quickly "snap out of it."
- Acknowledge a death with a note or flowers sent from the company to show support for the grieving person.
- Have a workplace representative present at the funeral to convey condolence.

If the grieving person does not seem to be coping well or is showing signs of depression it might be appropriate to seek consultation or refer for counselling.

Normal Grief Response

Sadness
problems concentrating
difficulty making decisions
frustration
tension
sorrow
depression
mood swings
irritability

MORE ADVICE

Bereavement Support South Worcestershire

- 01905 760934 -

www.bereavementsupportworcestershire.org.uk

Cruse Bereavement

- 01905 22223 -

www.cruse-worcestershire.org.uk

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