



May 2024: Living with Loss



“Loss leaves a heartache no one can heal, love leaves a memory no one can steal.” – Irish Proverb

Welcome to the May 2024 edition of **TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we examine the difficult topic of dealing with loss and the importance of grieving in a healthy way. Dealing with grief and loss in a healthy way is crucial for overall wellbeing. When individuals suppress or ignore their feelings of grief, it can lead to long-term emotional and even physical health issues. Unresolved grief can manifest in various forms such as depression, anxiety, substance abuse, and even physical ailments like heart disease and weakened immune function. By allowing oneself to experience and process grief in a healthy manner, individuals can prevent these negative consequences and promote their overall wellbeing.

Healthy grieving allows individuals to honor and remember their lost loved ones while gradually adapting to life without them. It provides an opportunity for reflection, growth, and personal development. By facing their emotions head-on, individuals can gain a deeper understanding of themselves and their relationships, fostering resilience and the ability to cope with future challenges. Ultimately, dealing with grief in a healthy way not only honors the memory of the departed but also promotes personal growth and emotional wellbeing.

Remember! As part of MINES EAP resources, you can access a broad range of support services to help you or your household members deal with loss and grief. These include free and confidential counseling,

This Month’s Focus

Free Webinar:

[Living with Loss One Day at a Time, at Home and Work](#)

MINESblog:

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[Unlock Your Wellness: Harnessing Your EAP for World Health Day](#)

[Alcohol Awareness Month: How to Recognize the Signs and Get the Support You Need](#)

[Stress Awareness Month: How to Actually Become More Aware of Stress in Yourself and Others](#)

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resilience-building workshops, and self-help tools to practice in the quiet moments. We're here to provide you with the support and assistance you need. Call or [log in](#) today for more details or to get help today.

To your total wellbeing,
The MINES Team

Navigating Loss

Most definitions of grief focus on the death of a loved one. While death is one possible cause of grief, many other major changes can also cause feelings of grief and loss. Grief can come on suddenly, such as when a loved one dies or another event occurs unexpectedly. Other times the grieving process starts even before the loss takes place, called anticipatory grief. It could last for months or years leading up to the loss. When a loved one is ill, you might grieve the person they used to be or the relationship you used to have with them.

Since loss and change are a natural part of living, everyone experiences grief at some point in their lives. Though the grief process has common stages, everyone's journey through it is personal. Here are some tools that can help you as you learn to live with the loss, no matter where you are on your individual journey.

[Read more...](#)

Help for When You're Grieving

A loved one leaves on a military assignment, divorce papers are signed, a parent or a favorite pet passes away...

"Any loss -- and even an impending loss -- can bring on feelings of grief," according to Karl Goodkin, M.D., Ph.D., professor of psychiatry and behavioral sciences and professor of neurology at the University of Miami School of Medicine in Miami, Fla., and professor of psychology at the University of Miami Graduate School.

The grief process often brings with it shock or emotional numbness, followed by feelings of depression, anger, guilt or helplessness. Grieving always hurts, but it's not a bad thing, Dr. Goodkin says. It's a very normal and necessary process for adjusting to difficult life changes.

Healthy grieving

"Most people seem to be able to process loss on their own, not just within their own thinking and coping, but also by getting support from their family, friends and personal social networks," says Dr. Goodkin. "Tapping into social support at this time is perhaps the best predictor for adjusting to loss in a healthy way."

Grief usually moves through five stages:

- Denial or disbelief
- Anger or guilt
- Bargaining
- Depression or sadness
- Acceptance

[Read more...](#)

If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.

To access past issues of *TotalWellbeing* please visit our [newsletters page](#). This newsletter is aimed at providing helpful information about various aspects of your wellbeing and then connecting it all back to important and relevant parts of everyday life. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).

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