



RETURNING TO WORK WHILE GRIEVING



Coming back to work after suffering a loss isn't an easy process. On top of everything you're dealing with personally, you also have to throw emails, meetings, and deadlines into the mix. The change is difficult for many of us, so we've come up with a few tips below that might help ease your transition back into the working world.

PLAN AHEAD

If you're okay with people in your department knowing about your loss, communicate with HR or your supervisor beforehand to inform relevant colleagues. This will keep you from having the same difficult conversation with multiple coworkers when you return.

START SLOW

When possible, try to return with half-days or by working from home to test the waters. It will help you see how you're reacting to being back and identify what you need moving forward.

EXPECT AWKWARD MOMENTS

Many people don't know what to do or say to someone who is grieving. Some interactions with colleagues might feel uncomfortable, but coming in with that expectation can make it a little easier to let go of those bumpy conversations and move forward with your day.

FIND A SAFE SPACE

It may be difficult to control your feelings when you return, and it's normal to find yourself feeling more emotional at times. When this happens, have a plan for where you can take a break and process, whether it's in a break room, a supportive colleague's office, or in your car.

WRITE THINGS DOWN

A lot of people find that they have a hard time focusing on work when they first return. Try to keep an extra eye on your tasks and make to-do lists or reminders for each day. If you're finding certain things difficult to complete, communicate with a supervisor on the front end of the situation.

TAKE THE HELP

When you come back, you might get offers from colleagues or supervisors to assist with your work responsibilities or to extend deadlines. This is a good time to lean into the support that is being offered. It may help to ease you back into the work environment, and if you find that you don't need it, you can always let them know after you've adjusted.

Being back at work while you're grieving can be a tough transition, so remember to take it one day at a time. As time passes, you'll likely start to find your footing again. In the meantime, be easy on yourself as you process your grief.