

Coping with loss can feel very lonely

EAP is here to help

Have you recently lost someone or something dear to you? Loss can take many forms, and it's usually followed by grief.

There's no right or wrong way to grieve. During this period, it's normal to:

- Feel "empty" or numb.
- Have trembling, nausea, trouble breathing, muscle weakness and dry mouth.
- Struggle with sleep and have strange dreams.
- Lose your appetite or overeat.
- Become angry.
- Experience intense guilt.
- Go through a five-stage process of denial, anger, bargaining, depression and acceptance.

Try to take care of yourself.

It's easier to heal when you're:

- Facing your feelings.
- Expressing yourself.
- Maintaining your hobbies and interests.
- Exercising, eating well and sleeping enough.
- Leaning on friends, loved ones and professionals for relief.



Sometimes grief is actually depression. If you find yourself hopeless, unable to take joy in your favorite people and activities, and having suicidal thoughts, talk to a doctor or counselor. Depression is a serious mood disorder that requires medical attention.

Your EAP is also here to offer you emotional health resources, including counseling services, self assessment tools for depression, a digital library of well-being articles and crisis intervention materials at no cost to you.*

When you contact us, you'll reach a real person dedicated to your immediate needs.

Call your Employee Assistance Program (EAP) at 800-865-1044 today or visit anthemEAP.com and enter University of Louisville.



*All EAP services are confidential, and available to you and members of your household at no cost. No one will know you've contacted us unless you give permission in writing. Source: Helpguide.org: Coping with Grief and Loss (July 2018): helpguide.org. In accordance with federal and state law, and professional ethical standards. Language Access Services - (TTY/TDD: 711)

(Spanish) - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda. (Chinese) - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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