



Coping with the Loss of a Co-Worker



Workplaces often feel like extended families, and the loss of a co-worker can have a deep emotional impact—whether you were close friends or simply shared daily tasks. When a death is sudden or unexpected, it can be especially difficult to process, triggering emotions such as grief, confusion, or even fear. It is normal to experience a range of emotions, and Bree Health is here to support you during this time.

Ways to Cope with Grief in the Workplace

Acknowledge the Loss: Recognizing and accepting your emotions is the first step in the healing process.

Talk to Someone You Trust: Sharing your thoughts and feelings with a colleague, friend, or professional can provide comfort.

Reflect on Memories: Whether through personal reflection or conversations with others, remembering your co-worker can help with healing.

Prioritize Self-Care: Maintain healthy habits such as getting enough rest, eating well, and avoiding unhealthy coping mechanisms like substance use.

Honoring a Co-Worker's Memory

Create a Memory Board: Display photos, notes, or meaningful items as a tribute.

Support a Cause: Consider organizing a fundraiser in their honor or contributing to a cause they cared about.

Share a Memory Book: Collect stories and reflections from colleagues to give to the family.

Attend a Memorial or Workplace Gathering: Acknowledging the loss together can foster healing and connection.

Understanding Grief in the Workplace

Everyone experiences grief differently—some may openly express emotions, while others prefer to process privately. It's important to respect different coping styles. Feelings of sadness, distraction, fatigue, or even frustration are normal. Sometimes, grief can bring up deeper questions about life, loss, and personal experiences. If you notice lingering emotional distress or difficulty concentrating at work, seeking support can be beneficial.