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Caring for Colleagues Who Have Experienced Loss

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Caring for colleagues who have experienced loss

— 2022 Learning Teaching Forum —

Introductions

Background & goals

MEA Cohort 2021 discussions on COVID and global grief

Cultural lack of vocabulary/discussion on grief

Raise awareness of resources

Share & document resources

Gather ideas

Share/promote to campus

Do this, not that: Grief is different for everyone

Ask questions

Respect their experience

Remember their grief is theirs

Mirror their reality

Trust their self-care

Get consent

Offer options to help them feel in control (“You normally chair this meeting, but I’m happy to step in if you would like”) rather than assuming you know how they want to proceed

Ask if it’s OK to share a memory about their person

Don’t compare griefs

Don’t fact check or correct

Don’t minimize

Don’t be a cheerleader

Don’t “evangelize”

Don’t start with solutions

Adapted from [Refuge in Grief](#) by Megan Devine

Human Resources protocols and resources

Beth Schwartz, Director of Employee Benefits and Wellness

Maci Rutledge, Coordinator of Employee Wellness

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Resources for students

- Living with Loss Grief Support Group
 - Counseling Center
 - Brook Center
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Resources

- I Wasn't Ready to Say Goodbye by Brook Noel and Pamela D. Blair
- It's OK that You're Not OK by Megan Devine ([and her quick guide](#))
- Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Joanne Cacciatore
- The Cure for Sorrow: A Book of Blessings for Times of Grief by Jan Richardson
- Understanding a Co-Worker's Grief or Illness - EAP resource
- Silk's [Ring Theory](#)
- [Speakinggrief.org](#) (a public media initiative aimed at creating a more grief-aware society by validating the experience of griever and helping to guide those who wish to support them)
- Kate Bowler's work

Library Resources

[Awakening Compassion at Work](#) (ebook in our library collection)

[Option B : facing adversity, building resilience, and finding joy](#) (available via OhioLINK)

[On grief and grieving : finding the meaning of grief through the five stages of loss](#) (available via OhioLINK)

[Grief at Work: A guide for employees and managers](#) booklet produced by Hospice