



This time of the year is often known for cheer and joy, but it can also bring sadness.

Some will be struggling with grief and loss of a loved one.

Your EAP recommends the following tips to help you cope with grief during the holidays:

- ❖ Take part in a volunteer effort or help with a local charity
- ❖ Spend time with family and friends
- ❖ Attend local events
- ❖ Spending time outdoors can benefit both your mental and physical wellbeing
- ❖ Make a new tradition in memory of your loved one



 **INOVA®**
Employee Assistance

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TTD/TTY: 877-845-6465

WEBSITE: www.inova.org/eap

YOUR EMPLOYEE ASSISTANCE PROGRAM

- ✓ Has qualified and caring counselors ready to help address your feelings
- ✓ Is Confidential - Always Available - Simple To Use

You Are Not Alone