

# Life, Health and You



## Supporting Co-Workers Through Difficult Times

It's not always easy to know how to help when a co-worker is struggling. But offering even small gestures of support can make a meaningful difference—for them and for you. Here are some simple, thoughtful ways to show you care:

### **Act thoughtfully, not reactively.**

Stay calm and take steps to create a safe, supportive, and productive environment. Emotional safety should always be a priority.

**Keep communication open.** Listen actively and let your co-worker know you're available. Encourage open dialogue and offer support as needed. Share relevant information as it becomes available.

### **Respect individual responses.**

People cope with stress and crisis in different ways. Their reactions are shaped by personal experience and perspective—avoid assumptions or comparisons.

**What to Say.** When someone's hurting, your words matter. Aim to support without judgment or pressure to share more than they're ready for.

Helpful things to say:

- "I'm sorry you're going through this."
- "I'm here to listen if you ever want to talk."
- "It's okay to feel however you're feeling."
- "Is there anything I can do to help?"
- "Your reaction is completely valid."
- "We're here for you—let's figure this out together."

Supporting a co-worker during a difficult time doesn't require special training—just empathy, patience, and a willingness to listen. By staying calm, keeping communication open, and respecting each person's unique response, you help create a safer, more compassionate workplace for everyone.

### **Coping with Grief**

Grief can bring many emotions—sadness, anger, confusion, numbness, or hopelessness. How you can help yourself:

#### **Lean on others.**

Talk to friends, family, or a grief counselor. Join support groups or reach out to your faith community.

#### **Stick to a routine.**

Keeping a regular schedule, eating well, and getting enough rest can help you feel more grounded.

#### **Honor your loved one.**

Celebrate their life in ways that are meaningful to you. Attend a memorial or celebration of life. Make a memory book or tribute. Follow cultural or spiritual traditions

#### **Get professional support.**

Speak with a healthcare provider or mental health professional for additional support. Your EAP is also a good place to start.

## National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

[Healthy Aging Month](#) celebrates positive lifestyles and how to maintain health.

[National Recovery Month](#) celebrates treatment and recovery practices and the recovery community.

[National Suicide Prevention Week](#) is Sept. 8th-14<sup>th</sup>.

## Mental Health Minute



### Keeping Calm Under Stress

1. Breathe. Take a few slow, deep breaths. Focus on your breathing, not on the issue causing the stress.
2. Count to 10. In the time it takes you to do so, you may be able to look at your situation with a fresh pair of eyes.
3. Take a Walk. If possible, remove yourself from the stressful situation by stepping out for a walk. Sometimes, just a few minutes will help put the situation into perspective.
4. Try Meditation. Find a quiet place. Position yourself comfortably and close your eyes. Take a few slow, deep breaths. Continue to breathe slowly and deeply. Then slowly open your eyes.
5. Practice gratitude. Find something positive, something for which you can be thankful. Every dark cloud has a silver lining. Look for it.

### LIVE MONTHLY WEBINAR:

Estate Planning

Date: 9/10/2025 | Time: 1:30 PM to 2:30 PM EST

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