



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

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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