



more information

Contact your local HR office to find your agency's EAP Administrator or search OPM's Work-Life Contact Tool available at:

opm.gov/CCLContact

Additional information is available at opm.gov/worklife



Tips for Work-Life Coordinators and Supervisors

Grieving Support

It is important for agency leaders, managers, and supervisors to be sensitive to the possibility that employees may be experiencing grief related to COVID-19 upon returning to a regular work schedule. As we strive to overcome this global pandemic as a Federal community, Work-Life Coordinators and Supervisors are uniquely positioned to highlight agency Employee Assistance Programs (EAP) as an effective and available resource to support employees who may be grieving.

- **Grieving is complex.**

While everyone grieves in their own way, it is common to experience difficulty concentrating, physical reactions such as headaches or lethargy, and other side effects that may impact an employee's performance in the workplace.

- **Consider that employees who are parents or guardians may be worried about how their return to work may affect the children in their care.**

Managing new care situations for dependents can bring a renewed sense of grief or anxiety over the loss of prior caregivers, arrangements, and schedules.

- **Review Federal resources from the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC).**

These resources were crafted for the Federal workforce and the general public and provide expert information on these sensitive issues.

OPM's Work-Life staff is here to assist.
Please reach out to us any time at worklife@opm.gov.