

## Perfect Choice Funeral Plans

### Tips for Dealing with Grief with your Employer

When you lose a loved one it can be hard to think about what to do next. Work is probably the last thing on your mind and you may be worried about how you will react when you return to work. You may worry that your boss will not be compassionate or that you'll have to return before you're ready.

You should feel 100% ready to return to work and not feel pressured into returning, if you do it could lead to unnecessary extra anguish. Here are some things to remember when you're facing a bereavement and dealing with your employer:

#### **1. Focus on yourself**

Now is the time to truly focus on yourself and your well-being. You'll be allowed a certain number of paid bereavement days, as set out in your company's policy. You may also be entitled to extra unpaid leave, this is something you'll need to discuss with your manager. It doesn't have to be in person but make sure you agree a suitable method of contact.

If you feel like you are not coping then don't be afraid to tell your manager. If you need to spend several days at home, then arrange for this to happen. Just ensure that you don't shut yourself away from those who want to help. Talking about the situation with those close to you can reduce some of the emotional weight. Try not to worry about any deadlines at work and don't be afraid to ask for help.

#### **2. Keep busy**

If you have several days at home, it's a good idea to try and push yourself to take some action. If you are back at work following bereavement leave then keeping your mind busy will seem hard but can help with the coping process. If you can focus on working hard on a project then it will take away the attention from your loss and sadness.

#### **3. Think of your loved one**

Think of what your loved one would say to you. They would likely not want you to dwell on your grief. Imagine they are pushing you to succeed and honour them by doing so. Remember that you do not want to waste your own life not doing things you love. These thoughts are quite common after losing a loved one.

You may feel that the mundane details at work are no longer important. You may think about making some serious changes in your life like a new job or moving somewhere new. It's



highly recommended by experts to not make any major life changing decisions during periods of grief because it could be something you later regret.

#### **4. Keep in contact**

It is important to keep in contact with your workplace during your bereavement leave so they can organise work cover and so they know how you are and when you are likely to return to work. Remember they will be concerned about you, so do not forget to keep them updated. If you feel uncomfortable talking about the death then tell your colleagues/manager that you'd rather not discuss it. People will be considerate of your feelings and keep conversations work based.

The most important thing is to remember that you are not alone, your workplace should be understanding in their provisions for you during your period of grief at this point and also in the future.

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#### **About Perfect Choice Funeral Plans**

Perfect Choice Funeral Plans are provided by NAFD Services Limited which was set-up by the National Association of Funeral Directors (NAFD) whose member firms carry out over 80% of all funerals in the UK. NAFD Services Limited is a founding member of the Funeral Planning Authority, the official body that oversees the operation of companies offering funeral plans.

Perfect Choice Funeral Plan funds are held securely in a guaranteed whole of life assurance policy. For maximum security NAFD Services only works with UK-based life assurance companies that are authorised by the Prudential Regulation Authority (PRA) and regulated by the PRA and Financial Conduct Authority. A key difference with Perfect Choice Funeral Plans is that the pre-payment monies cannot be used for anything other than the client's funeral for total peace of mind.

