



## Navigating Entrepreneurial Loss and Grief

*Loss* means that something or someone is no longer with you.  
How do we move through loss so that we can grow?

### Name Your Losses

During times of economic stress, you could experience these, and other non-death losses:

- Laying off staff
- Not being able to support staff
- Loss of business and personal income
- Disappointing clients/customers
- Losing clients/customers
- Loss of identity, respect, status in the community
- Security of income, security for family/home
- Loss of direction - feeling rudderless
- Loss of optimism, hope
- Not being able to pay invoices
- Endless receivables
- Closing the doors/business
- Stress at home
- Declining physical health/overall wellbeing

### Loss Generates Emotion

As entrepreneurs, when our business is threatened, or closes, a flood of emotions can swamp us.

Such as:

Shame	Frustration
Sadness	Despair
Fear	Vulnerability
Uncertainty	Feeling Lost
Confusion	Tiredness
Anger	Exhaustion
Denial	Feeling of Failure

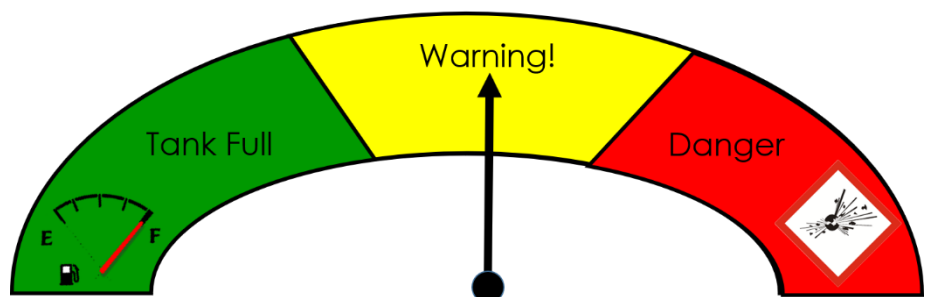
These emotions can be signs that you are grieving. We grieve all manner of losses, death-related loss and non-death losses. Naming our loss, accepting the feelings that arise, and leaning into the pain are the way forward to transformation.

### How Full is Your Tank?

Loss, stress, grief – these can drain your tank. Learn to recognize signs that your tank is low. Listen to your body, your emotions, your thoughts. Fill your tank *before* you hit the red zone. Do those things that **enliven** you; avoid the things that *numb* you.

### The Warning Signs Continuum

What does your yellow zone look like?

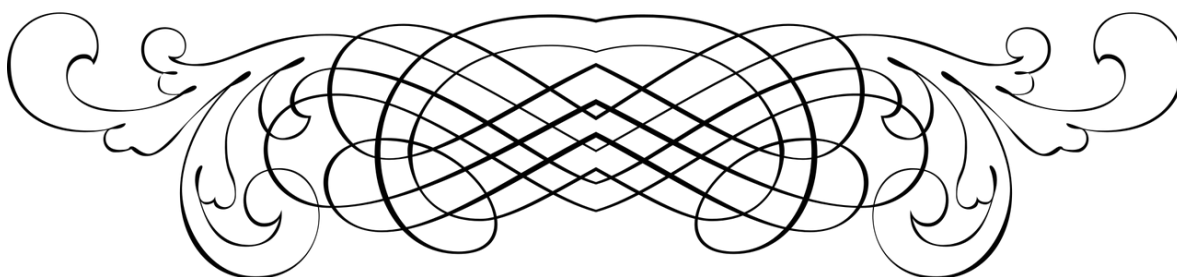


# I Feel Grief - What Do I Do?



COFFEE

- Be patient with yourself. Do not compare yourself to others.
- Embrace/experience sorrow at your own pace
- Admit you are hurting and lean into the pain, with support
- Apply cold or heat to your body, whichever feels best
- Ask for and accept support
- Talk to others; tell the story of your loss. Over and over and over...
- Experience the emotion that arises from the loss
- In time, move from asking “Why?” to ask “How/who will I be now?”
- Recognize that a “bad” day does not mean that all is lost
- Rest... or Exercise (listen to your body – what does it need?)
- Remember to breathe deeply; we forget to breathe deep when stressed
- Take care of something alive, such as a plant or an animal companion
- Schedule activities to help yourself get through hard days
- Find someone who needs your help and support them
- Accept your feelings as part of the normal grief reaction
- Postpone major decisions whenever possible
- Do something that makes you feel alive
- Write in a journal
- Connect with people, or schedule time alone, as needed
- Do not overdo
- Eat regularly (including your favorite healthy foods)
- Keep to a routine
- Know that you will survive
- Make use of ritual (check online for non-death loss rituals)



## Resources:

How to Close a Business: 15 Steps to Take

[paysimple.com/blog/four-key-steps-for-closing-a-failed-small-business/](https://paysimple.com/blog/four-key-steps-for-closing-a-failed-small-business/)

Centre for Online Mental Health Support

[www.comhs.health/](http://www.comhs.health/)

Quick Stress and Anxiety Exercises

[www.ihl.org/communities/blogs/10-mindfulness-exercises-for-the-health-care-workplace](http://www.ihl.org/communities/blogs/10-mindfulness-exercises-for-the-health-care-workplace)

Hospice Society of Camrose and District – Grief Supports

[www.camrosehospice.org](http://www.camrosehospice.org)