

COPING WITH YOUR GRIEF

EVERYONE EXPERIENCES GRIEF DIFFERENTLY

Common experiences and feelings of grief can include SHOCK, DENIAL, SHAME, GUILT, ANGER, LONELINESS, DEPRESSION, FEAR, WORRY and ANXIETY. Not every survivor will experience all of these, each person's grief experience is unique.

Below are some ways you can care for yourself as you grieve.

Physically

- Get enough sleep
- Eat regularly & healthfully
- Take walks or engage in some physical activity
- Stay hydrated

Mentally & Emotionally

- Explore your memories of the person who died
- Accept your feelings, even if they are intense or confusing
- Know that grief can be painful, finding ways to cope will help

Spiritually

- Engage in rituals that honor the person who died
- Participate in a prayer, meditation or worship
- Talk with clergy or with people who share your beliefs
- Search for meaning in your loss.

Socially

- Talk about the person who died with people you trust
- Share only what you want with people you choose
- Avoid People or situations that are unhelpful to you
- Seek support from others who have lost someone to suicide