

## **SIX HELPFUL THINGS TO DO WHEN YOU'VE HAD A LOSS**

- Think about your loss --Relive experiences in your thoughts. Allow the details and the emotions that come with them to be fully expressed.
- Talk about your loss --There is much release in talking about your loss. Telling your stories over and over can be helpful for your healing.
- Write about your loss -- Keeping a journal isn't for everyone, but it can be a powerful tool for healing. Writing about feelings and events can help you to focus and identify emotions.
- Cry about your loss--Tears can relieve a lot of pressure. Learn to trust your body's need to cry or not to cry.
- Make space for your loss--Sometimes you need a down day to sit with your loss. Other times you will want to be busy as possible. Respect your needs for healing time and create opportunities to grieve.
- Take care of your health after a loss--Do your best to get adequate food and rest. Exercise and the fresh air of the outdoors will help your emotional state. Keep up with your medical needs.