



We bring hope and healing to the loss of a loved one.

Strategies helpful in grieving:

- Storytelling
- Writing
- Journaling
- Painting
- Coloring
- Drawing
- Listening to music
- Poetry
- Ceremonies and memorials
- Spend time

When grieving do the following:

- Exercise
- Eat well
- Establish a routine
- Participate in a hobby
- Connect with self through activity

Events and Celebrations:

When preparing for stressful events such as birthdays, holidays or other celebrations remember to:

- Identify events and holidays
- Plan activities and events for those times
- Give permission to self to enjoy new memories with others
- Have a plan in place for the day before and after the events as those days can be harder

Social Support

- Surround yourself with people who listen and love you
- Ask for help (even though you don't feel like it)
- Tell your story over and over as it part of the healing process
- Support others who are grieving
- Don't spend time with people who make you uncomfortable or don't allow you space to grieve
- Try not to over isolate or over engage
- Find a support group
- Volunteer in an area of interest so you can have something else to focus on