



IF YOU WOULD LIKE HELP COPING WITH GRIEF



# coping with GRIEF

- **GET SUPPORT.** Sharing your loss with friends and loved ones makes the burden of grief easier to carry. Don't be afraid to talk about your loved one and share memories.
- **FACE YOUR FEELINGS.** Losing someone you love is painful and it is normal to experience difficult thoughts and feelings. It can help to write them down.
- **TAKE CARE OF YOURSELF.** Try to get enough sleep, eat well and exercise. Avoid using alcohol or drugs to numb your pain.
- **PLAN AHEAD FOR TRIGGERS.** Milestones can stir painful memories and feelings. It may be helpful to think about ways to honour your loved one's memory at these times.
- **BE PATIENT.** Give yourself time. Some days will be easier than others. If you are having thoughts about harming yourself, contact your GP.