



COPING WITH A LOSS

If you or someone you know has experienced a loss, the following suggestions may help:

- Give yourself permission to feel the pain and loss.
- Be patient with the process and don't pressure yourself with expectations.
- Accept that you need to experience your own healing in your own time. Don't judge your emotions or compare yourself to others.
- Express your feelings. Let yourself cry. Both are beneficial for healing.
- Get support. Talk about your loss, your memories, and your experience of the life before your loss and for the future.
- Forgive yourself for all the things you said or didn't say or do.
- Avoid major life changes (for example, moving, changing jobs, altering important relationships) while experiencing a recent loss. Try to maintain your regular lifestyle. This allows you to experience a sense of security in some areas of your life.
- Take care of yourself. Eat well and exercise. Give yourself comfort in small ways such as hot baths, naps and favourite foods.
- Give yourself a break from grief. It's healthy to find enjoyable distractions like going to a movie or reading a good book.
- Prepare for holidays and anniversaries. Plan in advance how you want to spend your time and with whom.