

# 10 Ways To Cope With Grief

1. Time – there is nothing that can change the clock or calendar. Grief and time work independently and in their own time, listen to your heart.
2. Find a safe person or space - Find a person or space (support group/online forum) to share your thoughts and emotions with as they develop. Grief needs an outlet.
3. Take Care of Yourself – remember rest, movement and nourishment support your body while you grieve.
4. Crying – cry as needed, whenever, wherever. You will find the tears appear at the strangest times. Let it go.....
5. Create communication with your loved one – write a letter, record a video or audio message for your loved one. You can choose to share or keep it private but attempting a last formal communication may provide comfort.
6. Continue to remember your loved one – thinking of them during a special time of day, day of month or special item to wear or carry may provide comfort while you grieve.
7. Remembering with others – sharing about your loved one maintains the presence of your loved one in your life.
8. Find Support Groups – through local hospice communities, online support groups, or spiritual organizations provide groups designed to listen and support your feelings through your grieving.
9. Give yourself the grace – grief comes in waves, strengths and intensities changing and lessening and knocking you off your feet when least expected. Be gentle as your life continues.
10. Journal – Be spontaneous. Write feelings and emotions, leave negative feelings or anger on paper in words or art, recall memories, record your grief journey in a journal, in recorded videos, many share videos via online platforms like Tiktok or Instagram.