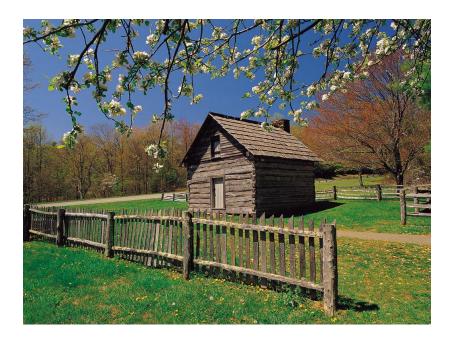
Some hints to help you when you are *Grieving*



When you are grieving a loss:

- 1. Grief is a normal reaction to losing someone or something important to you.
- 2. Everyone experiences grief in his or her own way.
- 3. Anger and guilt are common feelings during grieving.
- 4. Although you may always feel your loss, your grief will lessen over time.
- 5. Allow yourself time to grieve.
- 6. Talk to your family and friends.
- 7. Talk about your feelings with your doctor or therapist.
- 8. Do activities you enjoy, or routines you're accustomed to... cook, clean, return to work.
- 9. Exercise. It helps divert your attention and improve depression.... Go for a walk, ride a bike... (you may have to check with your doctor first)
- 10. Eat regular meals, and choose healthy snacks.
- 11. Try to maintain regular sleep schedules... before bed time, take a warm bath, avoid caffeine, read something light.
- 12. Keep a journal of your activities, thoughts, and feelings... in the form of a diary, letters to others (sent or not), poems, songs... your choice.
- 13. Seek comfort in your spiritual beliefs.
- 14. *Eventually*, explore new interests and social contacts... volunteer, join a social group, start a new hobby.

Remember... Hope begins the healing.