

## COPING SUGGESTIONS

1. Maintain a daily routine. Continuity becomes a safety net for the bereaved. The continuity of being required to perform certain tasks in and out of the home, and having a social routine provides you with some security and a sense of stability in a topsy-turvy world.
2. Understand that you will continue to deal with the death as you grow. You will not get over it, but you can learn to grow through grief and discover that love never goes away.
3. Lower your expectations of yourself and others.
4. Set realistic goals. Accomplish small goals first, and then set bigger goals.
5. Postpone making major decisions. Whatever can wait should wait until after the period of intense grief.
6. Allow yourself to grieve; this is necessary for healing.
7. Remember that life requires effort on your part. Work at lifting depression.
8. One day at a time. Know that some days, all you can manage is one minute at a time.
9. Engage in whatever exercise or activity is possible. This helps relieve tension.
10. Eat well. It is important to maintain good health.
11. Get enough sleep.
12. Acknowledge your thoughts. Accept both the positive and the negative.
13. Keep a journal of your feelings.
14. Talk with others who have had similar experiences - i.e. join a support group, etc.
15. Identify specific feelings. Do not generalize.
16. Read books and literature on the subject of grief.
17. Communicate with family and friends.