

Dealing ^{with} LOSS

GRIEF IS WHAT WE FEEL WHEN WE'VE LOST SOMETHING IMPORTANT TO US.



It may be a life-changing event like the death of a loved one, a divorce, or a serious illness.



Or it could be another change that still hits you hard – like losing a pet, moving to a new town, or seeing your child start school.

Knowing how to **deal with grief** can **help you heal** faster and **move forward** with your life.

HOW GRIEF FEELS

Everyone experiences grief in their own way and at their own pace. Be patient with yourself. Grieving takes time, with lots of steps forward and back along the way.

But there is help – and hope. You CAN feel better.

YOU MAY:

- Not feel like going out with friends
- Have trouble concentrating
- Feel numb
- Snap at people
- Feel like you want to escape
- Feel guilty
- Dread holidays or anniversaries
- Have trouble getting out of bed
- Feel like nothing matters anymore
- Feel like no one understands
- Feel sorry for past mistakes
- Blame yourself or others
- Have nightmares
- Feel angry – at yourself, the one who's gone, or a higher power
- Cry easily

WHERE TO GET HELP



RELIGIOUS OR SPIRITUAL COMMUNITY



TALK THERAPISTS



SOCIAL WORKERS



SUPPORT GROUPS

CALL YOUR DOCTOR IF

You're using drugs or alcohol to cope

Your feelings are interfering with your daily life

You become very depressed

You have thoughts of hurting or killing yourself



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