STRATEGIES FOR COPING WITH LOSS

- Get information: about grief process, know what to expect, what to do for yourself and how others can support you
- Learn about your own style of coping and trust it!
- Find ways of acknowledging the very real sources of your pain
- Find safe places to express your feelings, to unload the images that stay with you
- Be prepared for changing moods and emotions – give yourself permission to change your mind.
- Pay attention to your physical health – get rest, exercise, and eat well
- Get help with day to day stresses
- Be aware of the pull of survivor guilt. Your needs are very real and important.
- Talk with people in similar circumstances
- Seek out people and places that are inspiring to you – find opportunities to explore issues of meaning
- Be gentle with your confusion and patient with unanswered questions
- Do things that are life focused

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