



MANAGING GRIEF

Do you feel that you are going through an **experience of grief** about a loss in your life?



EXPRESS YOUR FEELINGS

Speak to a trusted other about your emotions and what you are going through

TAKE SOME TIME OUT FOR YOURSELF

Grief is a normal response to any loss and you need to allow yourself to go through the process of grieving.

BE OPEN TO RECEIVING SOCIAL SUPPORT

Reaching out for support can help you feel less lonely. The ones who care for you do want to help – let them.

ENGAGE IN MEANINGFUL OR CREATIVE ACTIVITIES

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