

## HEALING FROM GRIEF TAKES TIME

### Allow yourself to grieve

Letting painful feelings out helps you heal. Share your feelings with someone you know and respect.

### Postpone major decisions

Give yourself time to absorb your loss before making big decisions, such as selling your home, leaving a job or making other life changes.

### Accept comfort from others

Friends and family want to help, but they may not want to “intrude.” Or, they may not be sure what to do. Reach out to them. Let them know how they can help.

### Express your feelings in writing

It may help to put your thoughts on paper. This can be in the form of a journal or a “letter” to the person you have lost.

### Look to your faith

You may find comfort and meaning in:

- \*religious services and ceremonies*
- \*quiet prayer or meditation*
- \*activities at your place of worship*

### Complete a project your loved one started

Carrying out a loved one’s goal can be comforting. It may help put to rest any feelings of “unfinished business.”

## Get Help When You Need It

**You don’t have to go through bereavement alone. Sources of support include:**

- \*Bereavement Counselors – specialists who help people adjust to loss**
- \*Support Groups – bereaved people helping each other by sharing their experiences.**
- \*Hospices – which often provide services for families of dying patients.**
- \*Religious Advisers – to help identify your spiritual resources**

**Seeking support is not a sign of weakness. It’s a positive step in the healing process.**