



Things you can do...

A few reminders to guide you through this uncharted territory.



Don't ignore your own health

Stress will make you more susceptible to illness.



If you get sick...

...Go to the doctor. Ask a friend or family member to go with you.



Consider RX side effects

Investigate the side effects of any prescriptions before you start taking them.



Keep Yourself Safe

The distraction of grief makes you vulnerable; take advantage of things help keep you safe.



Seek what energizes you

Identify what depletes you, and what energizes you – and seek the latter.



Find ways to move

Exercise is always beneficial to your health and relieves stress.



Get a massage

Physical massage may compensate for the lack of touch in your life.



Ask for help

Don't be afraid to ask for help. Remind yourself that those who love you really do want to help.



Write things down

In the midst of deep grief we don't always retain what is being said to us.



Consider keeping a journal

It may help you express and understand what you're feeling.



Find Grief Support

Get involved in a grief support group. We highly recommend **Grief Share**.



Continue to pray

Even if you don't know the right words – God will hear you.