

Coping Skills Personal Tool Box—Print them and carry them with you!

Allow yourself permission to cry, be sad and grieve

Do not “Isolate” yourself! This is one of the unhealthiest things for a griever. If this is not by your choice, find support through support group, grief therapy, place of worship or other support organizations.

Talk about your situation only when you choose, if you do not choose let others know that you do not want to talk until you are ready. Remember, it is not healthy to keep it inside, but it is also impossible to move forward if you keep reliving the story over and over again in thought or by repeating it.

Accept help or assistance from others and do not be afraid to ask!

Do not make personal decisions you may regret later—WAIT!

Focus on your personal care; Eat, Sleep and Exercise to keep yourself well and to lift your mood.

Take as much time as you need to process your grieve-there is no time limit!

Do not over extend yourself; be gentle, patient and kind to yourself.

KNOW that you are not to blame for the decision of another regardless of what you said, did or did not do.

If you feel guilty, FORGIVE YOURSELF! This is a big part of the healing process. Living with guilt does not change anything or help your situation in any way.

Allow yourself to laugh, love and be happy again without feeling guilty

Allow yourself to live and know that your life is important and you have your own purpose regardless of the depth of the loss you have experience... put yourself first!