

COPING STRATEGIES



for dealing with

GRIEF




WHAT IS GRIEF?

Grief can be defined as a general response to the loss of someone or something that was important to you.

In most cases, grief is felt after the death of a loved one.

Dealing with grief and loss can be extremely painful and sometimes hard to deal with but there are healthy ways to cope with grief and loss as you work towards healing.



First of all, you must understand that there is no right way to grieve but to cope with loss, you can do the following things:

- Acknowledge your pain and understand that grief can trigger unexpected emotions.
- Get face-to-face support from people who care about you. This can lighten the weight of facing your loss alone. Avoid self isolation.
- You can support yourself emotionally by taking care of yourself physically.
- Turning to your faith can be helpful or a support group that can give you guidance on dealing with grief.



IF YOU STILL NEED SOMEONE TO TALK TO, YOU CAN

Dial 112 to speak to a counselor (FCT)



Your grieving process can be considered a journey. You don't want to rush into healing by using unhealthy coping mechanisms, pace yourself and be gentle.

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