



Grief & Loss Cycle

1. Major Grief Experiences in my Lifetime:
2. Grief/Loss Experiences I am dealing with NOW:
3. How would you describe your general pattern for handling loss? (i.e. Generally I...)
4. Reflecting on the recent grief you have experienced, what strengths have you gained recently?
 - a. I am...
 - b. I know...
 - c. I believe...
 - d. I understand...

Grief & Loss Coping Strategies

1. *Do not Isolate* – it will only make things worse. Connecting with others help you heal, so make an effort to maintain your relationships.
2. *Ask for Help* – it is important to talk about your feelings and ask for help. **DO NOT SUPPRESS THE LOSS**
3. *Volunteer/Help Others* – this is a great way to challenge our sense of helplessness & helps remind us of our strengths and helps us reclaim a sense of power.
4. *Stick to a Daily Routine*
5. *Break Large Jobs into Small, More Manageable Tasks* – take pleasure from accomplishing something even if it is small
6. *Find Pleasurable Activities* – this keeps our minds occupied and dedicates our energy to something other than the traumatic experience (i.e. reading, cooking, playing with kids or pets, exercise)
7. *ALLOW yourself to feel when you feel it* – Acknowledge and accept our feelings when you feel them. This is needed for the grieving process
8. *Take Care of Your Health* – Get enough sleep, avoid alcohol & drugs, Exercise Moderately, and eat a balanced diet.