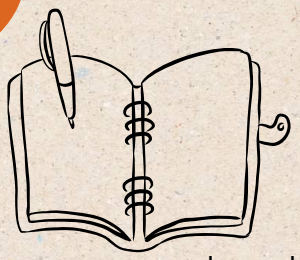
COPING WITH GRIEF



Writing in a journal can help process your feelings, but can also help you see your progression throughout the grieving process.

Sharing your feelings with friends and family can be a helpful way to process grief. Let them know how they can support you.

Take the time to exercise. Walking, running, riding a bike, boxing, etc., are great ways to help with your emotions and frustrations during a loss.

Join a grief support group or grief counseling. Speaking to others who are experiencing a similar loss can help you share the burden of grief.

Give yourself time to grieve. Allow yourself to cry or feel pain. Do not hold your emotions in.

Socializing with other individuals is very important during the grieving process. Grabbing a coffee or going to lunch is a great way to stay occupied.

Creativity, like music, art (painting or drawing), and writing are great outlets for emotional expression and stress

SOUTHCOAST PUBLIC HEALTH COALITION

Scan the QR code to find additional grief support resources