

TIP OF THE WEEK



Coping with Loss of a Loved One

Below are some strategies for coping in this difficult time. Remember to be patient with yourself. Mourning takes time and it's common to have rollercoaster emotions for a while.

Take care of yourself. Try to eat right, exercise, and get enough sleep.

Talk to caring friends. Let others know when you want to talk.

Find a grief support group. It may help to talk to others that are grieving.

Talk to your doctor. If you are having trouble with everyday activities, like getting dressed, or fixing meals, see your healthcare provider.

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