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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