

Tips On Dealing With A Loss

1. Talk about how you're feeling with others.
2. Try to keep up with your daily tasks so you don't feel overwhelmed.
3. When you get over whelmed or can't take it no more stop and rest do it day by day
4. Get enough sleep, eat a well-balanced diet and exercise regularly.
5. Even if you eat small crackers, toast but eat something going to need your strength
6. Avoid alcohol. Alcohol can make you feel more depressed.
7. Get back into your normal routine as soon as you can., Also don't try to rush it if you can't
8. Avoid making major decisions right away. At least for the first year
9. Allow yourself to grieve--to cry, to feel numb, to be angry or to feel however you're feeling.
10. Ask for help if you need it.

Contact [SafeHavenForWidowed](http://SafeHavenForWidowed.org)

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