

## **Living With Loss – Five Simple Tips**

1. Give it time. Grieving is a very gradual process. You heal up little by little. So, be patient. You are really the only person who knows your grief.
2. Allow others to help. Your family, friends, colleagues want to be helpful. Let them in. If necessary, let them know specifically how they could help. No one experiences the same grief that you are experiencing.
3. Get informed. Read books and magazine articles about grief; especially those written by people who have had a loss to death.
4. Join a support group. There you will find people who have been where you are. Share your experience with them and listen to them as they respond. This may be the only group of people to know how you are/maybe feeling, for they have experience a similar loss.
5. Treasure the memories. Look through photo albums, expressing gratitude for life shared and good times together. Gratitude is a Great Spirit builder. Laughter is a Good Healer.

"Author Unknown"