

Here are some tips to help you manage your feelings of grief:

- Join a support group and maintain their support even after the death of your loved one.
- Take the time to identify and determine what you are grieving specifically and address the loss.
- Discuss your feelings with someone close to you.
- Seek professional help if your feelings of grief do not subside over time or become overwhelming and prohibit you from living a well balance life, eating, sleeping or enjoying hobbies you like to do in your free time.
- Exercise daily in some form, even chair yoga, Tai Chi or stress relief breathing techniques can be helpful in reducing grief.
- Do not isolate or stay home alone, get out and enjoy social situations. Staying active will help to keep you in a positive frame of mind.
- Establish a routine so you do not have laps in the day when you are just bored. It is during these times that grief becomes overwhelming and depression can set in.
- Make appointments, arrange outings with friends and make sure that you are doing something daily especially during the first few months after the death of your loved one.
- Know that there are not time lines for how long you will grieve, everyone is different. A good guide is that if your grief is stopping you from enjoying life, you want to seek professional assistance from a medical professional. The amount of time it will take to significantly grieve will depend on the relationship you had with your loved one. If you have had a history of depression, it may take longer