

# Living with Grief

It's normal to experience grief when a loved one dies. But how you cope with your grief impacts your mental health.



The emotions following a loved one's passing can be heavy and overwhelming. Grief is experienced differently for everyone. But there are several effective ways that can help you cope with your loss in a healthy way.

**Seek out caring people.** Find relatives and friends who can understand your feelings of loss. Join support groups with others who are experiencing similar losses.

**Express your feelings.** Tell others how you are feeling; it will help you to work through the grieving process.

**Take care of your health.** Maintain regular contact with your family physician and be sure to eat well and get plenty of rest. Be aware of the danger of developing a dependence on medication or alcohol to deal with your grief.

**Accept that life is for the living.** It takes effort to begin to live again in the present and not dwell on the past.

**Postpone major life changes.** Try to hold off on making any major changes, such as moving, remarrying, changing jobs, or having another child. You should give yourself time to adjust to your loss.

**Be patient.** It can take months or even years to absorb a major loss and accept your changed life.

**Seek outside help when necessary.** If your grief seems like it is too much to bear, seek professional assistance to help work through your grief. It's a sign of strength—not weakness—to seek help.

## Carebridge can help.

While grief is a normal experience, it can become all-consuming for some. If you find the above tips aren't working, we have care coordinators standing by to help you 24-7.

Resource: Mental Health America