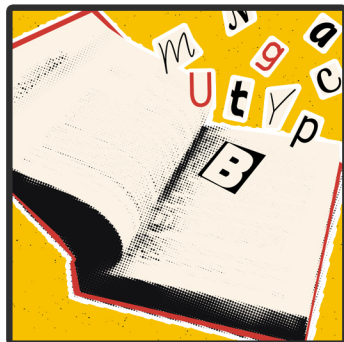


HELPING OURSELVES WHEN GRIEVING

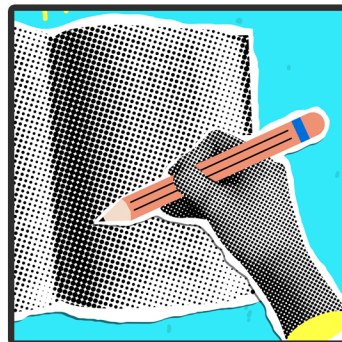
BE INTENTIONAL: ENGAGE IN ACTIVITIES THAT BRING YOU COMFORT



LISTEN TO MUSIC



READ



JOURNAL

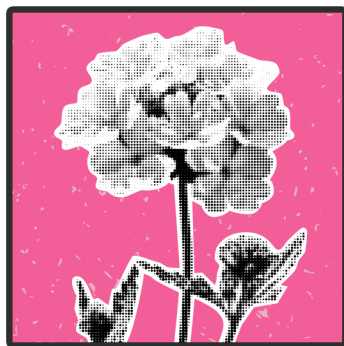


HOBBIES & INTERESTS



ARTWORK

PAINT, COLOR, CRAFT, ETC.

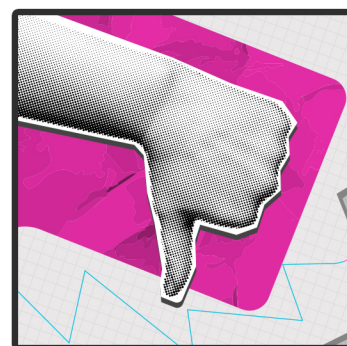


SPEND TIME IN NATURE

GO FOR A WALK, HIKE, RIDE YOUR BIKE, GO TO A PARK, ETC.



**TAKE A RELAXING
BATH OR SHOWER**



**ACKNOWLEDGE
HOW YOU FEEL**



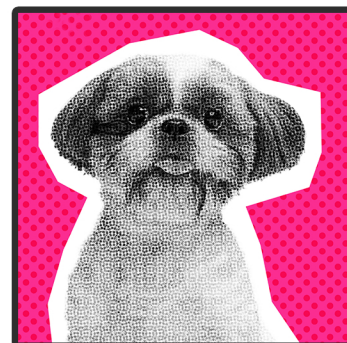
FAITH/SPIRITUALITY



**MINDFULNESS
& MEDITATION**



EXERCISE



TIME WITH FRIENDS OR PETS



**HEALTHY
EATING AND SLEEPING**



SEEK SUPPORT

TALK TO TRUSTED FRIENDS, FAMILY MEMBERS, OR A THERAPIST ABOUT YOUR FEELINGS



SELF-COMPASSION

PRACTICE THE SAME KINDNESS AND UNDERSTANDING AS YOU WOULD WITH A FRIEND