

Ways to Cope with the Loss of a Spouse

1. Acknowledge your grief
2. Talk about it
3. Allow yourself to mourn
4. Rely on your loved ones
5. Set realistic expectations
6. Take care of yourself
7. Journal
8. Write your story
9. Volunteer



Loss And How To Cope With It

SB Merriam



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web i would like to invite you to our new store which is located at 122 main street and receive a free pen and notebook set this new store and our staff are a source of pride for me we are forever ready to cater to your office supply needs the store is open from monday to friday 8 00 am to 8 00 pm we look forward to our valuable customers

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web i invite all of you to my new store opening tomorrow i hope to see you all at the new store opening which is scheduled for sunday this is going to be extremely exciting tomorrow has to be the most special day of my life my wish has come true see you all at my new store opening

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