

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

SA Dillow

Loss And How To Cope With It:

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