

# Ways to Cope After Losing a Parent

- 1. Follow your instincts
- 2. Experience the pain
- 3. Tell other what you need
- 4. Look after your physical health
- Find ways to remember and celebrate your parent
- 6. Reinvest your emotional energy
- 7. Prepare for emotions to re-emerge
- 8. Attend a grief support group



## **Losing A Parent**

**Albert A Gayle** 

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