

10 TIPS TO COPE WITH GRIEF AND LOSS



1. Find a caring listener.
2. Express how you feel.
3. Increase your self-care.
4. Ask for / accept help.
5. Eat consciously.
6. Have a quiet space just for you.
7. Rest when you can.
8. Honor your own grieving process.
9. Demonstrate patience.
10. Tell yourself, this too shall pass.

Patricia Morgan

Loss And How To Cope With It

M Mosston



Loss And How To Cope With It:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Loss And How To Cope With It** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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