

## 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

**Kathleen Armour**



## **Loss And How To Cope With It:**

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