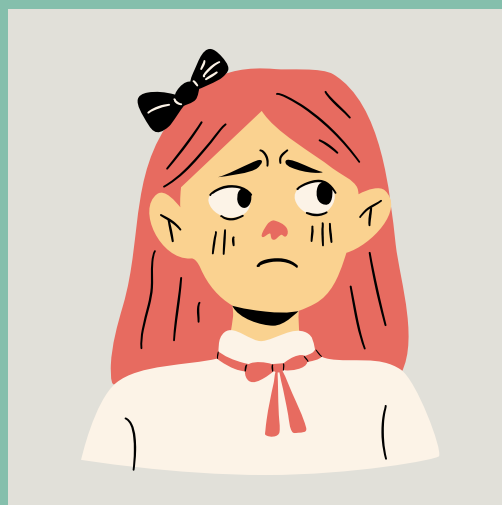


COPING WITH GRIEF & LOSS

ACCEPTING YOUR EMOTIONS

While you may feel a range of emotions including sadness and anger, it is okay to experience experience positive emotions and resume daily activities



BUILD A SUPPORT CIRCLE

Connect with people like friends, family, or professional support to help work through feelings of grief & loss.



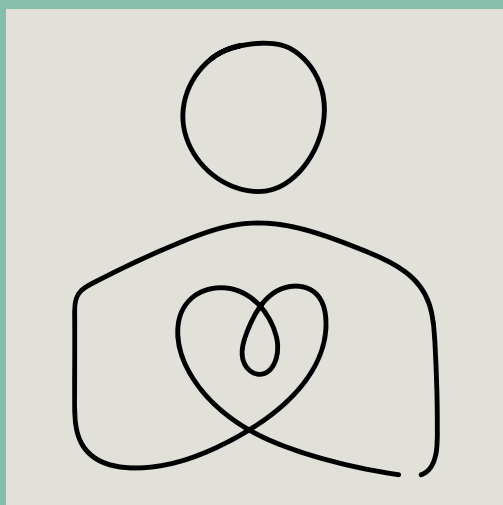
UNDERSTANDING CULTURAL PRACTICES

Recognize cultural practices associated with loss to help provide closure, promote healing and build a sense of community.



TAKING CARE OF YOURSELF

Stepping back from commitments to look after your needs can give you time and space to adjust.



One Healing Space

Source:

<https://mindyourmind.ca/illnesses/grief>