



Taking Care of YOU!! (After a loved one dies)

- Prepare yourself that you may experience both emotional and physical responses to the death
- Accept what you can do and what you cannot do
 - Do what is best for you; choose only a few things to tackle at once, it would be easy to overwhelm yourself, do what you can
- Take care of yourself
 - Exercise
 - Eat a balanced diet
 - Get adequate rest
- Acknowledge and accept your feelings
 - It is okay to feel sad, good
 - It is okay to laugh and cry
- Find someone you can confide in
- Find things you can enjoy
- Reflect
 - Read
 - Journal
 - Take a walk
- Remember you need to grieve

