

Grief

If you are facing grief from the loss of a friend, pet, or family member, some things to help you cope include:

- express your feelings and talk to others
- accept help from friends and clergy
- get plenty of rest
- stay healthy and take good care of yourself
- seek professional help if you need it
- if you have physical symptoms of stress (nausea, shortness of breath, weight loss, difficulty sleeping, and lack of energy) get medical help if they persist