SIX HELPFUL THINGS TO DO WHEN YOU’VE HAD A LOSS

• Think about your loss -- Relive experiences in your thoughts. Allow the details and the emotions that come with them to be fully expressed.

• Talk about your loss -- There is much release in talking about your loss. Telling your stories over and over can be helpful for your healing.

• Write about your loss -- Keeping a journal isn’t for everyone, but it can be a powerful tool for healing. Writing about feelings and events can help you to focus and identify emotions.

• Cry about your loss -- Tears can relieve a lot of pressure. Learn to trust your body’s need to cry or not to cry.

• Make space for your loss -- Sometimes you need a down day to sit with your loss. Other times you will want to be busy as possible. Respect your needs for healing time and create opportunities to grieve.

• Take care of your health after a loss -- Do your best to get adequate food and rest. Exercise and the fresh air of the outdoors will help your emotional state. Keep up with your medical needs.

Grief * Loss * Life * Wellness
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