

## How to cope when a loved one dies

**G**rief is the feeling we have after someone we love dies. It is a normal part of life, but it can feel very hard to go through. Grief can affect your health and wellness. You may feel sad or angry. You may also feel confused or shocked. Everyone will react to grief differently. But no matter how you grieve, there are steps to heal.



Photo above by Juanmonino, below by Peopleimages, courtesy iStockphoto

### Quick facts on grief:

**1** It can be easy to fall into unhealthy habits when you are grieving. Try your best to eat healthy meals, get some exercise and get enough sleep. This will help you feel better.



**2** You can feel grief physically as well as emotionally. You might be hungrier than normal, or not want to eat at all. Your sleep might be different than usual, too.

**3** Reach out to people who can help you. Talking with friends and family members who knew your loved one is a nice way to keep their memory alive. Therapy or support groups are also helpful.

**4** Photographs and other items that remind you of your loved one can still have a special place in your home or life. You might also continue to celebrate their birthdays or anniversaries you shared with them.

**5** Children may have trouble coping after a loved one dies. Let them know it is not their fault, and that they can share how they feel with you.



>> For more information on grieving and death, visit [www.apa.org](http://www.apa.org)