



Coping Mechanisms

YOU ARE NOT ALONE

Ways to Improve Wellness

- ❖ Readiness to change
- ❖ Increase water intake
- ❖ Joining a gym
- ❖ Personal Trainer, Life or Grief Coach (if needed)
- ❖ Make healthier food choices
- ❖ Dietician to help you get started (if needed)
- ❖ Making connections with others
- ❖ Learning new hobbies
- ❖ Making time to connect with your significant other
- ❖ Having coffee with a friend
- ❖ Joining a club ie; book club, walking, swim, crochet
- ❖ Stretching, Yoga
- ❖ Walking, Swimming
- ❖ Meditation
- ❖ Self-Care (This looks different for everyone)
- ❖ Reading
- ❖ Massage
- ❖ Hiking – Get out in Nature
- ❖ Giving to Charity
- ❖ Asking for help

Coping Checklist

- ❖ Accept your feelings and express them
- ❖ Reach out for help
- ❖ Consider Counseling
- ❖ Allow yourself all the time you need
- ❖ Treasure and celebrate the life of your loved one
- ❖ Try to keep yourself in routine
- ❖ Avoid substance abuse to numb the pain
- ❖ Be patient with yourself
- ❖ Write and reflect in a journal
- ❖ Try not to make big decisions without considered thought
- ❖ Cry, let yourself have this relief
- ❖ It is Okay, to not be Ok
- ❖ It is Okay, to be happy again
- ❖ It is Okay, to say no
- ❖ Grief groups
- ❖ Set boundaries for yourself, and those around you
- ❖ Plan ahead if possible