

We continue to be with you in thought and service as you travel on your grief journey. The following coping tips are provided to give you and your family a sense of control during these difficult times.

- Take care of yourself. Be sure to rest if you can't sleep. Eat balanced meals. If you can't exercise, at least walk 15 minutes a day to help release some of your stress.
- Be patient with yourself. Grief takes far longer than anyone anticipates.
- There is no specific timeline for your grief. You will do it in your own time and in your own way.
- Trust your emotions. They are designed to help you release the stress that accompanies your grief.
- Sadness gives you time to reflect and find meaning in the relationship you had with the person who has passed.
- Use the energy from anger to make change. Use that energy to change laws, to help others, to create legislation, to make changes in your own life, etc.
- Address your fears. When you address your fears, it helps you to validate or invalidate the fear and you take away its power over you.
- Joy will return to your life. Consider it a gift from your loved one as you remember the good times and the things you shared with one another.