



HOSPICE
RED RIVER VALLEY

Coping with Grief

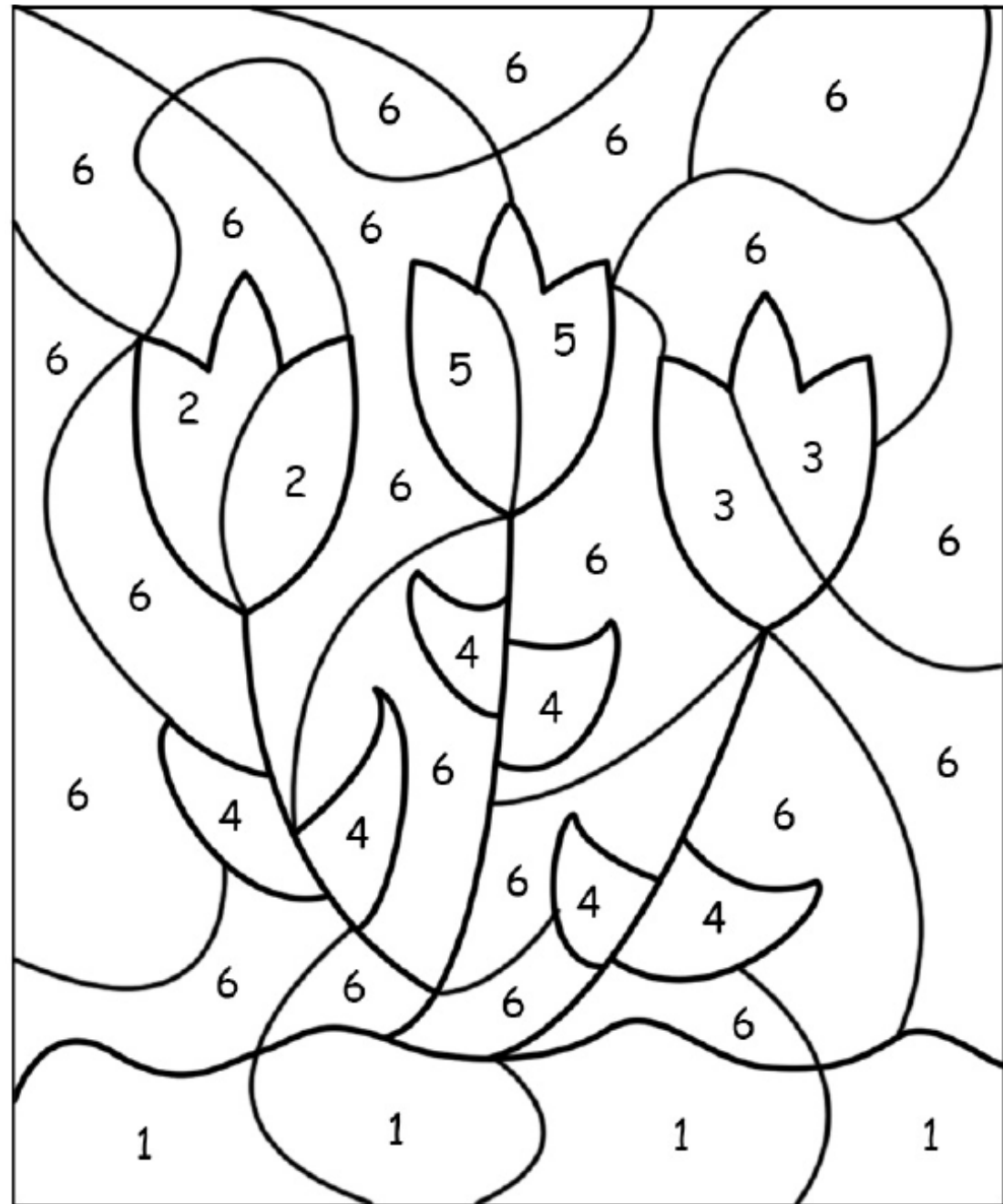
Grief affects everyone differently, but everyone will have some reaction to grief. Grief affects many aspects of a person's life, including how a person feels, thinks, behaves—even what they believe. Below are tips to promote healing:

- Be kind to yourself.
- Schedule a check-up with your family physician, if necessary.
- Be sure to exercise and eat healthy food.
- Frequently review your responsibilities and be sure to practice balance: rest, play, meditation and work.
- Reach out to others.
- Tell and re-tell the story.
- Don't fight the tears.
- Find a creative outlet: music, art, journaling.
- Confront guilt and regret.
- Be familiar with normal grief responses.
- Be patient with yourself. Grief takes time.
- Have realistic expectations of yourself.

If you are struggling with grief, Hospice of the Red River Valley can help. Contact us: (800) 237-4629.

Our grief support includes professionally trained, compassionate grief specialists. Our services are offered free of charge to adults, youth and families coping with the death of a loved one of any age.

Color By Number – FLOWERS



1 = Brown

2 = Red

3 = Purple

4 = Green

5 = Yellow

6 = Blue