

coping.

The word sounds so simple, but coping with grief can be everything but. At a moment when you feel lost in a deep, dark hole, it seems impossible to imagine climbing out again. We wish there was an easy road map we could give you, but, alas, grief is far more complicated than that. People are all different, grief styles are different, and the tools that will work for one person may not work for another. In this short booklet we can only scratch the surface of the many ways there are to cope. The key is to find the tools that will work for you.

We have divided these coping tools into three categories: rational, emotional and creative coping. We've organized these tools this way to highlight the different kinds of activities you may gravitate to naturally. At different times, you may benefit from different types of coping skills, sometimes to match your leanings and sometimes to balance them. On this list you may see ideas that resonate with you and you may see things you have never considered before. We encourage you to open your mind to the ideas that are new to you.

It's useful to have many coping strategies when dealing with the practical and emotional demands of grief. Though it would be impossible for us to list every coping tool here, hopefully these ideas have helped you to start thinking about an approach to coping that is tailored to your own strength, resources, and interests.

We have created a special page on the What's Your Grief website with more detailed information about grief and coping, including links to additional articles and resources about topics covered in this brochure. This can be found at www.whatsyourgrief.com/copingwithgrief

We are available at any time for questions. Please don't hesitate to contact us at whatsyourgrief@gmail.com

