

# Gulfport

BEHAVIORAL HEALTH SYSTEM

Coping with grief

*HOPE* STARTS HERE.



[gulfportbehavioral.com](http://gulfportbehavioral.com)

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## *Grief: What You Should Know*

Throughout our lives we will have experiences that cause us to grieve. Whether it is the loss of a loved one, close friend, pet, relationship or even from empathy related to someone else's experience, grieving is a natural reaction to these types of events.

No two people grieve in the same manner or over the same periods of time. Knowing what to expect and how to handle grief can help people recover from loss events and help those impacted move on without shutting out or harboring that significant event.

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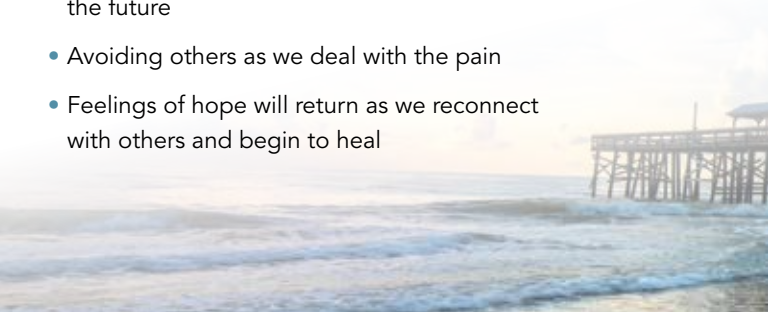
### *Five Stages of Grief*



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### *Some things to expect can include:*

- Feelings of shock, numbness or disbelief
- Yearning for the person or something lost
- Reminiscing about good times to feel connected to the person
- Thinking of things that person would want us to do
- Anger because we realize that the person is no longer with us
- Struggling with the ability to be positive in or feel hopeful for the future
- Avoiding others as we deal with the pain
- Feelings of hope will return as we reconnect with others and begin to heal



## *How to Cope with Grief*

1. Keep busy with enjoyable activities.
2. Make sure to get enough sleep.
3. Maintain a healthy diet and eat at least three meals a day.
4. Remind yourself of what is still good in your life.
5. Reach out to family and friends.
6. Join a support group or make an appointment with a therapist.
7. Accept that how you cope may be different from someone else's method.
8. Start a new hobby or project, or return to an old one.
9. Find some inspiring phrases or quotes to read when feeling down.
10. Reward yourself by creating things to look forward to.
11. Exercise.
12. Meditate to calm or relax your body.
13. Return to a normal routine as soon as possible (this is especially important for children).
14. Acknowledge your pain. This is one of the first steps in helping you move past it.
15. Limit your exposure to graphic news stories and seek accurate information from credible sources.
16. Turn to spirituality, religion and your personal beliefs.
17. Express yourself through writing, poetry, drawing or music.
18. Try to keep a sense of humor. Find ways to laugh.
19. Avoid alcohol, drugs or other ways to mask the pain.
20. Plan for how you will respond to triggers that bring emotions to the surface.



Although it is normal to mourn, you do not have to struggle with ongoing sadness. Know the signs and symptoms of unresolved issues, and get help. If you or someone you know needs help, we are here for you 24/7 with a no-cost assessment. Call us today at

**228-831-1700**

or visit [gulfportbehavioral.com](http://gulfportbehavioral.com).

**Gulfport**

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Model representations of real patients are shown.

Actual patients cannot be divulged due to HIPAA regulations.

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