

Next Steps.... Coping with Traumatic Loss

- Sleep is imperative-tools for creating a peaceful sleep setting/use of natural sleep aids
- Journaling
- Music (for relaxing, motivation, from fun memories)
- Get moving/fresh air/sunshine
- Limit exposure to TV/news and anything that is traumatic
- It's ok to not be ok-rollercoaster ride of emotion
- Tell people what you need
- Talk about your thoughts and feelings with someone you trust
- Set boundaries for visits
- Massage/nails, etc.
- Creative outlets? Building/shooting
- Memorialize
- Watch the negative self-talk/guilt/blaming
- Allow yourself to heal (mentally, physically and spiritually) there is no time frame built into this.
- Respect that each of you may grieve differently-No right or wrong way
- Watch self-destructive behaviors (excessive drinking/drugs/etc.)