



Dealing with Grief or Loss

Talk about it

Talking is a good way to ease painful feelings. Talking to a friend, family member, health professional or counsellor can start the recovery process.

Maintain a routine

Don't let your day to day activities slide. Meet up with friends, walk the dog and keep active. Maintaining your normal day to day schedule will go some way to help keeping a health routine.

Get Enough Sleep

Emotional strain can make you very tired. If you're having trouble sleeping. Try and keep a consistent bedtime routine wherever possible and aim for 7-9 hours of sleep each night.

Good Nutrition

A healthy, well balanced diet will help you cope better so avoid 'quick fixes' such as sugary snacks, caffeine and alcohol.

Seek professional support

Counselling may be more useful after a couple of weeks or months. Only you will know when you're ready.