

HOW TO COPE WITH LOSS

Grieve upon your loss, but with a deep understanding and appreciation of the fleeting nature of life. Hence, managing losses would mean:

- Acknowledging and appreciating your grief.
- Allowing yourself to experience the grieving process of shock, disorientation, anger, guilt, fear.
- Being ready to re-organise and re-enter life when you are ready.
- Allowing yourself to be with people who care and support you.
- Letting your loved ones or friends know that you need their support and sometimes practical help.
- Watching out for your physical health for signs of stress or illness.
- Taking care of your physical well-being.