



# Suggestions for Resolving Grief After a Loved One Dies

Suggestion	Description
Give yourself permission to feel the loss.	Permit yourself to confront all thoughts and emotions associated with the death. Make a conscious decision to overcome your grief, recognizing that this will take time.
Accept social support.	In the early part of grieving, let others reach out to you by making meals, running errands, and keeping you company. Be assertive; ask for what you need so people who would like to help will know what to do.
Be realistic about the course of grieving.	Expect to have some negative and intense reactions, such as feeling anguished, sad, and angry, that last from weeks to months and may occasionally resurface years after the death. There is no one way to grieve, so find the best way for you.
Remember the deceased.	Review your relationship to and experiences with the deceased, permitting yourself to see that you can no longer be with him or her as before. Form a new relationship based on memories, keeping it alive through photographs, commemorative donations, prayers, and other symbols and actions.
When ready, invest in new activities and relationships, and master new tasks of daily living.	Determine which roles you must give up and which ones you must assume as a consequence of the death, and take deliberate steps to incorporate these into your life. Set small goals at first, such as a night at the movies, a dinner date with a friend, a cooking or household repair class, or a week's vacation.