

◆ Tips for Survivors ◆

- Remember the basics of life - eat, sleep, exercise, drink plenty of water, and breathe...just sit back and take a deep breath.
- Allow yourself your feelings - remember feelings are not “good” or “bad”. They are just feelings, and they are ALL normal.
- Keep a journal - write your feelings, your dreams, and your memories. Journaling is a great way to work out your emotions, and it allows you to look back later to see your progress.
- Allow yourself to talk about your loved one. Find a safe place to do just that...whether you call a friend, speak with your church leader, or join a support group.
- Remember that you have suffered a great loss and a horrific trauma. Allow yourself the time you need to heal. And remember that everyone deals with loss in their own way. Give those around you the space and time that they need to grieve, as well.
- Find special ways to honor the memory of your loved one - plant a tree, make a memory album, donate money in their name, light a candle on their birthday...whatever works for you, do it!
- Remember its ok to ask for help. If you feel like you need to talk to a professional or get involved in a support group, do it.



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