**THINGS THAT CAN HELP YOU MOVE FORWARD IN YOUR GRIEF RECOVERY JOURNEY:**

* Reading about the grieving process or coping with grief
* Books, websites,
* Attending grief therapy sessions from a mental health professional.
* Seeking help from organized bereavement support groups.
* Journaling your experience
* Posting reminders of how to cope during difficult times in visible locations to look at when I am struggling.
* Reminding myself of my strengths.
* Taking steps to regain my sense of hope, such as creating goals for the future.
* Reminding myself of the things I am thankful for.
* Turning to my spirituality or religion for comfort (for example, prayer or scripture reading).
* Setting aside time to talk to God about my grief.
* Reviewing photos or videos of my loved one, and writing them a letter
* Setting aside time by myself to express my grief and to remember my loved one.
* Going to places that once held special meaning for my loved one and me.
* I told someone else how much I love or care for them/ caring or nurturing others
* Engaging in an act of kindness toward someone.
* Reaching out to others for comfort and companionship.
* Looking out for companionship by exploring new friendships.
* Identifying supportive individuals to turn to when I am experiencing feelings of grief.