

Fast Facts

Grief

<i>Stages</i>	<i>Ways to Cope</i>	<i>Seek Help</i>
Denial/Isolation	-Give yourself time	-Can't keep up usual routine
Anger	-Talk to others	-Feelings of depression
Bargaining	-Remember your loved one	-Thoughts of life isn't worth living
Depression	-Return to hobbies	-Thoughts of harming yourself
Acceptance	-Join a support group	-Inability to stop blaming yourself

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