

Coping and Self-Care after a Tragic Loss

Suggestions for Adults

Going through traumatic events and loss can be very challenging. We all react and cope differently. Here are some tips to help you take care of yourself.

Take care of yourself. Drink plenty of water, eat healthy snacks such as fresh fruit whole grain breads and other energy foods regularly. Getting good sleep is essential to maintaining good health.

Connect with others. Talking about how you feel and how you are doing will help. Talk with other adults, friends, family or members of the community. Support each other.

Put off major decisions. Avoid making any unnecessary life altering decisions during this time.

Give yourself a break. Take time to rest and do things that you like to do.

Focus on the positive. There are caring people and acts of kindness all around us, watch for it. Laugh on a regular basis.

Ask for what you need. There are people who want to assist you when they know what you need. Ask.

Contact: For more information contact **AllHealth Network** at 303-730-3303 for 24/7 crisis assistance or 303-730-8858 for information and appointments.