

Coping with GRIEF

Watch TV	Cooking	Let yourself cry	Start a hobby	Pray
Keep a positive attitude	Use a stress ball	Set a goal	Count to 10	Think about your love one
Write a poem	Dance	FREE	Read	Play a game
Exercise	Play cards	Take a time out	Play with a pet	Sing
Talk to a friend	Paint	Listen to music	Punch a punching bag	Deep breathing

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Read	Pray	Dance	Think about your love one	Deep breathing
Take a time out	Play a game	Play cards	Use a stress ball	Count to 10
Write a poem	Start a hobby	FREE	Punch a punching bag	Keep a positive attitude
Let yourself cry	Set a goal	Talk to a friend	Exercise	Sing
Cooking	Watch TV	Write in a journal	Laugh	Listen to music

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Read	Keep a positive attitude	Sing	Laugh	Count to 10
Cooking	Write in a journal	Let yourself cry	Write a poem	Exercise
Use a stress ball	Talk to a friend	FREE	Play with a pet	Start a hobby
Deep breathing	Punch a punching bag	Play cards	Play a game	Dance
Think about your love one	Pray	Listen to music	Set a goal	Watch TV