

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	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	Write in a journal

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

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