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**Coping with Sudden and Tragic Loss**

1. Know you can survive. You may not think you can, but you can.
2. Struggle with the “why” it happened until you no longer need to know “why”, or until you are satisfied with partial answers.
3. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy – you are grieving.
4. You may feel overwhelmed by the intensity of your feelings, but all your feelings are normal.
5. Be aware you may feel appropriate anger at the person, at the world, at God and at yourself.
6. You may feel guilty for what you think you did or did not do.
7. Having suicidal thoughts is common. It does not mean that you will have to act on these thoughts.
8. Remember to take one moment or one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don’t be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another’s life.
13. Expect setbacks. Don’t panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief, an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and with others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what and how to feel.
20. Call on your personal faith to help you.
21. It is common to experience physical reactions to your grief – i.e. headaches, loss of appetite, inability to sleep, etc.
22. The willingness to laugh with others and at yourself is healing.
23. Wear out your questions, anger, guilt, or other feelings until you can let them go.
24. Know that you will never be the same again, but you can survive and go beyond surviving.

**If you need or know of someone who needs immediate support call 211.**

 **For additional grief support call Treasure Coast Hospice 772-403-4530**