

Coping Mechanisms

- Physical activity
- Talk with others
- Journal
- Pray
- Listen to music
- Knit, paint, do art
- Go for coffee/dinner with a friend
- Make to-do lists
- Get enough sleep
- Eat healthy
- Help others
- Give hugs
- Be flexible
- Get a massage
- Do something nice for yourself
- Do something new each day/week
- Read
- Volunteer
- Go to the cemetery
- Get involved with your community/support a cause
- Join a gym
- Do something you loved as a child, i.e., horseback riding, painting, ride your bike, hike etc.
- E-mail/write an old friend
- Call someone you haven't talked to in a while
- Attend support groups
- Laugh
- Watch a favorite show/movie
- Reframe your negative thoughts
- Instead of..."There is no reason to go on without my loved one
"try..."My loved one would want me to be happy"
- Meditate
- Talk about your loved one
- Memorialize your loved one
- Write a letter to your loved one
- Accept invitations
- Attend sporting events
- Help someone in need
- Bake