



# How do I cope with loss?

We hope that we can help you deal with your grief. Learn more about how we may help you, or someone you love.

Actively grieve and mourn.

- Grief is an inner sense of loss, sadness and emptiness. Mourning is how you express those feelings.
- Both grief and mourning are natural and necessary parts of the healing process after a loss.

Acknowledge your pain.

- If you don't face your grief, your wounds might never quite go away.
- Accept that the pain you're feeling is part of dealing with grief and moving toward a state of healing and acceptance.

**Questions or Concerns?**

Call Bereavement Services at 513-891-7700.



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## Look to loved ones and others for support.

- Spending some time alone is fine, but isolation isn't a healthy way to deal with grief.
- A friend, a confidant, a spiritual leader - all can help you along the journey of healing.
- Allow loved ones and other close contacts to share in your sorrow or simply be there when you cry.

## Don't make major decisions while grieving.

Grief clouds the ability to make sound decisions.

- If possible, postpone big decisions - such as moving, taking a new job or making major financial changes.
- If you must make decisions right away, seek the input or guidance of trusted loved ones or other close contacts.

## Take care of yourself.

Grief consumes a significant amount of energy.

- Your will to live and ability to follow normal routines might quickly erode.
- To combat these problems, try to get adequate sleep, eat a healthy diet and include physical activity in your daily routine.
- Consider a medical checkup to make sure your grief isn't adversely affecting your health - especially if you have any existing health conditions.

## Remember that time helps, but it might not cure.

- Time has the ability to make that acute, searing pain of loss less intense and to make your red-hot emotions less painful - but your feelings of loss and emptiness might never completely go away.
- Accepting and embracing your new "normal" might help you reconcile your losses.

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