# Tips for How to Deal with Grief

- 1. Join a grief support group
- 2. Rely on loved ones for support
- 3. Try journaling
- 4. Allow yourself to feel your feelings
- 5. Practice mindfulness
- 6. Write a letter
- 7. Try art therapy
- 8. Consider music therapy
- 9. Create new traditions
- 10. Prepare for anniversaries

# **Handbook Guide Grief Dealing With Grief**

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