

SENIOR CORNER NUGGETS
JUNE 2012

How to Cope With Grief

Take time to sort out your emotions
Be patient with yourself
Take care of yourself
Have a trusted, safe person whom you can talk to
Seek professional counseling
Build support structures
Listen to your best source – your own wisdom

Pray	Create balance
Meditate	Assign Tasks
Exercise	Get help with housework
Eat well	Mind your own health
Get enough rest	Consider Respite Care
Learn to say NO	Keep a Journal
Find your voice	Listen to your favorite music
Abandon myths	Self talk
Find your strengths	Visit a relaxing and peaceful place
Love the real you	Scream

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“Happy Birthday” to all. Check your Bible birth text www.Birthverse.com