

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

TO HELP COPE WITH LOSS:

- Take care of yourself.** Try to eat right, exercise, and get enough sleep. Avoid bad habits—like smoking or drinking alcohol—that can put your health at risk.
- Talk to caring friends.** Let others know when you want to talk.
- Find a grief support group.** It might help to talk with others who are also grieving.
- Don't make major changes right away.** Wait a while before making big decisions like moving or changing jobs.
- Talk to your doctor** if you're having trouble with everyday activities.
- Consider additional support.** Sometimes short-term talk therapy can help.
- Be patient.** Mourning takes time. It's common to have roller-coaster emotions for a while.