

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:



NAVIGATING GRIEF

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:

- ☐ **Feel your feelings.** Allow yourself to grieve without judgment.
- ☐ **Be flexible.** What works one day to help you cope may not work the next. That's OK.
- ☐ **Seek Support.** Talk with friends, family, or other people you trust. Or look for a grief support group.
- ☐ **Create a routine.** Maintain a sense of order. Eat healthy and keep a regular sleep schedule.
- ☐ **Honor your loved ones who have passed.** Remember and celebrate their life, keeping with your faith or cultural traditions.
- ☐ **Get help from a professional.** If you're having trouble with everyday activities, talk to a doctor. If you or someone you know is in crisis, contact the 988 Suicide & Crisis Lifeline.