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.

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