Tips for Moving Forward After Loss

**Let Yourself Feel Your Emotions**Loss is painful, scary, and upsetting. It's no wonder many people tamp it all down and ignore their feelings. cry, wallow, and vent as much as you need to.

**Tell Others How You Feel, Because You're Allowed to Grieve**The more honest you are about your sadness, the more people will respect your needs.

**Turn to People Who Care About You Most**Allow loved ones and other close contacts to share in your sorrow or simply be there when you cry."

**Take Care of Yourself, No Matter What**Figure out what you need to do to feel healthy, and make sure you do it.

**Distract Yourself with Positive Things (Drugs Not Included)**Seek out counseling, turn to exercising, or start volunteering as a healthier way of distracting yourself.

**Recognize That Time Doesn't Heal All, And That's OK**Remember that time helps, but it might not cure. Time has the ability to make that acute, searing pain of loss less intense and to make your red-hot emotions less painful — but your feelings of loss and emptiness might never completely go away. Accepting and embracing your new 'normal' might help you reconcile your losses.

**Don't Let Anyone Tell You How to Feel**Your grief is your own, and no one else can tell you when it’s time to 'move on' or 'get over it’. Let yourself feel whatever you feel without embarrassment or judgment.