

Actions you can take at each stage of grief

<p>Denial</p> <ul style="list-style-type: none"> - Focus on the basics and what is tangible - Take care of yourself through nutrition, exercise, and sleep - Create a routine 	<p>Anger</p> <ul style="list-style-type: none"> - Validate your emotions - Set boundaries - Identify actions that meet the needs of specific emotions (i.e., when sad, seek comfort) 	<p>Bargaining</p> <ul style="list-style-type: none"> - Focus on the next 24-36 hours - Control what you can - Let go of what you cannot control
<p>Depression</p> <ul style="list-style-type: none"> - Create a vision - Daydream about possibilities - Remove perceived obstacles to freedom 	<p>Acceptance</p> <ul style="list-style-type: none"> - See the gift - Try new things - Build capacity and resilience by seeing what you did to overcome loss 	<p>Meaning</p> <ul style="list-style-type: none"> - Find purpose and motivation - Let go of the things that no longer serve you - Embrace activities that give you energy

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