

**Some months have passed since the loss of your loved one. Much of the activity may have gradually quieted, such as calls, letters and e-mails. Many persons need months of time before they can move beyond the shock and disbelief that the death actually occurred. Now may be the time to look at how you cope with anxiety.**

**Coping mechanisms include those actions people take to deal with their anxiety.**

**Refer to the enclosed worksheet, “Things to Do When I’m Feeling Blue.” Complete the worksheet as best you can. Post it in a handy place where you can refer to it when you are feeling depressed or anxious. During times of increased stress it may be more difficult for your mind to operate creatively enough to remember to think of new ways to handle the stress. If you have some ideas in front of you it may be easier for you to take the action necessary to work yourself through these times.**

**Sincerely,**

**Lee Grimes  
Bereavement Coordinator**

**“Things to Do When I'm Feeling Blue”**

**My three favorite persons to talk with are:**

**a. Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**b. Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**c. Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**My favorite place to go is:** \_\_\_\_\_

**My favorite meditation, prayer or affirmation is:** \_\_\_\_\_

\_\_\_\_\_

**My favorite song or music is:** \_\_\_\_\_

**Books I'd like to read are:** \_\_\_\_\_

\_\_\_\_\_

**Letters, poems or stories I'd like to write are:** \_\_\_\_\_

\_\_\_\_\_

**Movies I'd like to see:** \_\_\_\_\_

\_\_\_\_\_

**Physical activities I enjoy are:** \_\_\_\_\_

\_\_\_\_\_

**Puzzles or games I enjoy are:** \_\_\_\_\_

\_\_\_\_\_

**Plans to redecorate my room or home are:** \_\_\_\_\_

\_\_\_\_\_

**My next project will be:** \_\_\_\_\_

\_\_\_\_\_