

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,

Miranda Lane, BSW, 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: _____
