



Tips for Coping with a Loss

If you have experienced a significant loss, grief is a natural occurrence. The intensity of your emotions will shift over time. Here are some suggestions that may be helpful.

- Give yourself permission to feel the pain of the loss.
- Be patient with the process and do not pressure yourself with expectations.
- Accept that you need to experience your own healing in your own time.
- Do not judge your emotions or compare yourself to others.
- Express your feelings. Let yourself cry. Both are beneficial for healing.
- Get support. Talk about your loss, your memories, and your experience of the life before your loss and for the future.
- Forgive yourself for all the things you said or did not say or do. Learn to let go!
- Avoid major life changes (for example, moving, changing jobs, altering important relationships) while experiencing a recent loss.
- Try to maintain your regular lifestyle patterns. This allows you to experience a sense of security in some areas of your life.
- Take care of yourself. Eat well and exercise. Give yourself comfort in small ways such as hot baths, naps and favourite foods.
- Give yourself a break from grief. It is healthy to find enjoyable distractions like going to a movie, listening to music or reading a good book.
- Prepare for holidays and anniversaries. Plan in advance how you want to spend your time and with whom.

If your emotions are regularly affecting your ability to cope with daily life, consider contacting a psychosocial oncology professional at Patient & Family Counselling Services, BC Cancer Agency Centre.