Even though it’s a natural part of life, losing someone can feel complicated and confusing. And social distancing is changing how we say goodbye. Here are some ways to help process your grief:

- **Connect with loved ones by video or phone**
- **Journal**
- **Plant a tree**
- **Write a poem or letter for your loved one**
- **Create a photo album or slideshow**
- **Meet with a therapist by televideo**
- **Share memories through social media**
- **Light a virtual candle**