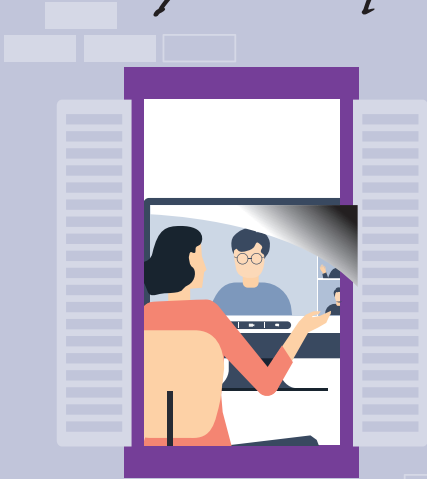


Ways to grieve while staying home

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

Resources for Living®