

FINDING HEALTHY WAYS TO CARRY GRIEF

Practical Coping Strategies for Men After Loss

There is no perfect coping strategy for grief. Most people need several kinds of support: caring for the body, maintaining some structure, allowing emotion, staying connected, remembering the person, and asking for additional help when grief becomes too difficult to manage alone.

CARE FOR THE BODY

Movement, regular meals, hydration, sleep routines, medications, and basic health care matter. Grief is emotional, but it also places stress on the body.

USE PRACTICAL AND HANDS-ON COPING

Walking, building, repairing, cooking, gardening, woodworking, sports, or another focused activity can create calm and give emotional energy somewhere safe to go.

MAKE ROOM FOR MEMORY AND CONNECTION

Look at photographs, tell stories, visit meaningful places, keep traditions, spend time with safe people, or do something in honor of the person who died.

WATCH FOR COPING THAT CREATES MORE PROBLEMS

Alcohol, drugs, gambling, reckless behavior, aggression, or nonstop work may temporarily numb pain while creating additional difficulties.

WHAT CAN HELP

Choose three anchors for the coming week: one physical activity, one dependable human connection, and one meaningful way to remember the person who died.

REMEMBER THIS

You do not need one perfect coping strategy. You need enough healthy places for grief to go.

“Carrying grief becomes more possible when the body, mind, relationships, and memories all receive some care.”

- Mourning Discoveries

