

How to Process Grief

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Confront

Confront personal feelings and reactions to the death.

Respond

Respond to life changes including new life roles.

Create

Create new experiences including rituals and traditions.

Allow

Allow yourself to think about your loved one and miss them.

Take a Break

Take a break from feeling and reflecting and set them aside for a time and come back to them later.

Connection

Develop a new relationship with your loved one that is connected through feelings of love instead of pain.

