Coping Skills for Grief and Depression

- 1. Acknowledge positive and negative feelings
- 2. Allow time to experience pain and loss
- 3. Confide in trusted people
- 4. Express feelings openly
- 5. Find grief or bereavement support groups
- 6. Conduct grief rituals

7. Talk with a therapist



Coping With Aggrebive Be

Jicheng Xie



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