

Dealing with Loss

Many people believe that losing someone they love is like losing a part of themselves. It's true, but it's also true that there are things you can do to help you cope with the loss.

There are many ways to deal with loss.

The first step is to accept the fact that the person is gone.

It's not easy to do.

But it's the only way to move forward and start living again.

There are many ways to do this.

Some people find comfort in talking to a therapist or a support group. Some find comfort in writing or in creating art. Some find comfort in spending time with family and friends.

There are many ways to do this.

Some people find comfort in talking to a therapist or a support group. Some find comfort in writing or in creating art. Some find comfort in spending time with family and friends.

There are many ways to do this.

Some people find comfort in talking to a therapist or a support group. Some find comfort in writing or in creating art. Some find comfort in spending time with family and friends.

There are many ways to do this.

There are many ways to do this.

There are many ways to do this.

Some people find comfort in talking to a therapist or a support group. Some find comfort in writing or in creating art. Some find comfort in spending time with family and friends.

There are many ways to do this.