



## **SELF-CARE AND MANAGING GRIEF**



"Grief is like the ocean; it comes on waves ebbing and flowing.
Sometimes the water is calm, and sometimes it is overwhelming.

All we can do is learn to swim."

- Vicki Harrison, author

It is important to talk about self-care and how to manage grief because it helps people learn how to adjust, cope, and heal after a loved one has died. It also helps us better understand people who are grieving the loss of a loved one. The goals of this lesson are to provide comfort, support, and tips for healthy grieving.

**WHEN:** 

WHERE:

FOR MORE INFORMATION:



LEXINGTON, KY 40546

**Cooperative Extension Service** 

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



