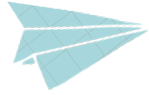


Name: \_\_\_\_\_

Date: \_\_\_\_\_



# HOW DO I COPE?

Decide whether each action is a healthy or non-healthy way to cope with your loss.

- Talking to a loved one
- Not listening to my teachers or parents
- Going for a walk
- Exercise
- Not completing homework
- Staying in bed all day
- Distancing myself from friends
- Writing a journal about my feelings



Healthy	Non-Healthy
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