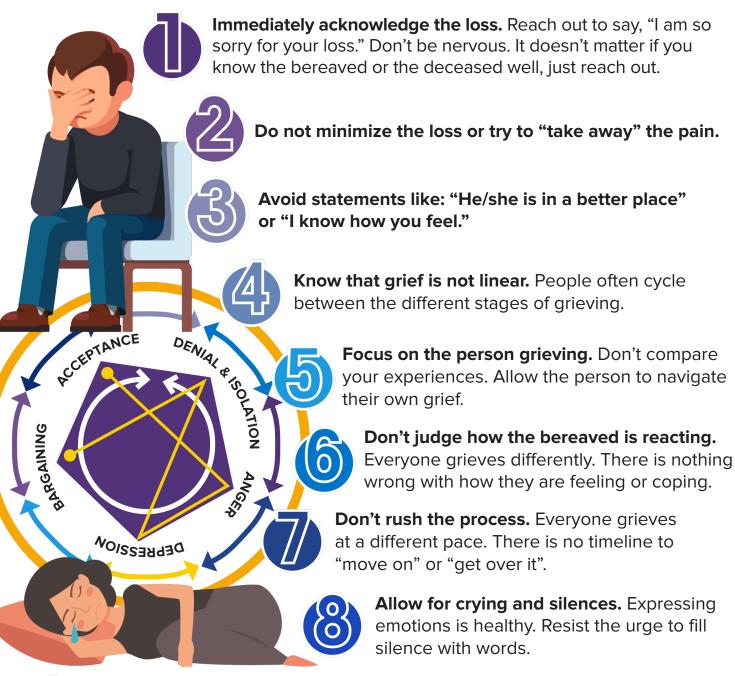
Coping with Grief during COVID-19



···· • • Ten Tips for Helping Others Grieve • • • • · · ·





Lend a helping hand. Instead of saying, "Let me know how I can help," tell them what you will do. For example: "I'll be by to mow your lawn on Tuesday."



People who are grieving often forget to take care of themselves.

Have groceries delivered or send a gift basket with items to help them take care of their basic needs.