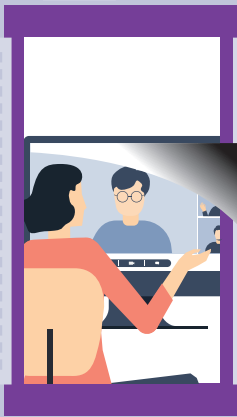


# Ways to grieve while staying home

Even though it's a natural part of life, losing someone can feel complicated and confusing. And social distancing is changing how we say goodbye. Here are some ways to help process your grief:

*Connect with loved ones  
by video or phone*



*Journal*

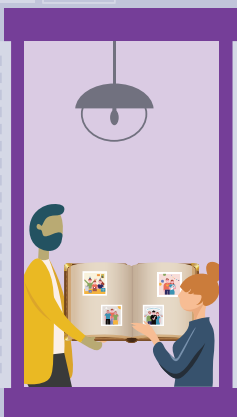


*Plant a tree*



*Write a poem or letter  
for your loved one*

*Create a photo album or  
slideshow*



*Meet with a therapist by  
televideo*



*Share memories through  
social media*



*Light a virtual candle*