

When coping with loss, know your limits

Run time - :35

LEDE: Holiday parties can be difficult for people dealing with the loss of a loved one. But there are ways to help. Tim Ditman of OSF HealthCare has more.

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OSF bereavement coordinator Rita Manning says to know your physical and mental limits and set expectations accordingly.

*SOUNDBITE: "People need to know it's OK if they leave for a moment to see if they can get themselves collected. If not, say 'I'm going to bid my farewells and go home.'"*

For people supporting someone grieving, don't be afraid to bring up the lost loved one. And be kind, but firm. Something like "I'm bringing you dinner tonight."

I'm Tim Ditman.

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TAG: Grief can become a crisis where someone hurts themselves. Look for changes in eating and sleeping habits. If there is a crisis, call 9-8-8 or your primary care provider.