When we go through unspeakable pain, it's easy to dip into despair. Even if it doesn't feel like it at the time, you will get through the hurt.

**ALL FEELINGS ARE OK**

Pain, grief, sadness, and anger look different for everyone.

**KEEP THE SAME ROUTINE**

Wake up, shower, eat, exercise; keep up with the basics of self care.

**LIMIT INPUT & EXPOSURE**

Protect yourself from outside opinions and reliving the event.

**PRIORITIZE BASIC NEEDS**

Keep focused on needs and self care. Remember to hydrate and nourish your body. Put the "to do" list aside for now.

**ASK FOR HELP**

Reach out to see if others can help with meals, cleaning, driving, dog walking, support, listening, or simply sitting with you. You can return the kindness one day, others want to help.

**WHEN YOU ARE READY**

Seek professional mental healthcare to work through & process the events.

**REMIND YOURSELF:**

- You are not alone
- There is hope on the other side of pain
- You are allowed to feel all the feelings
- You are resilient