

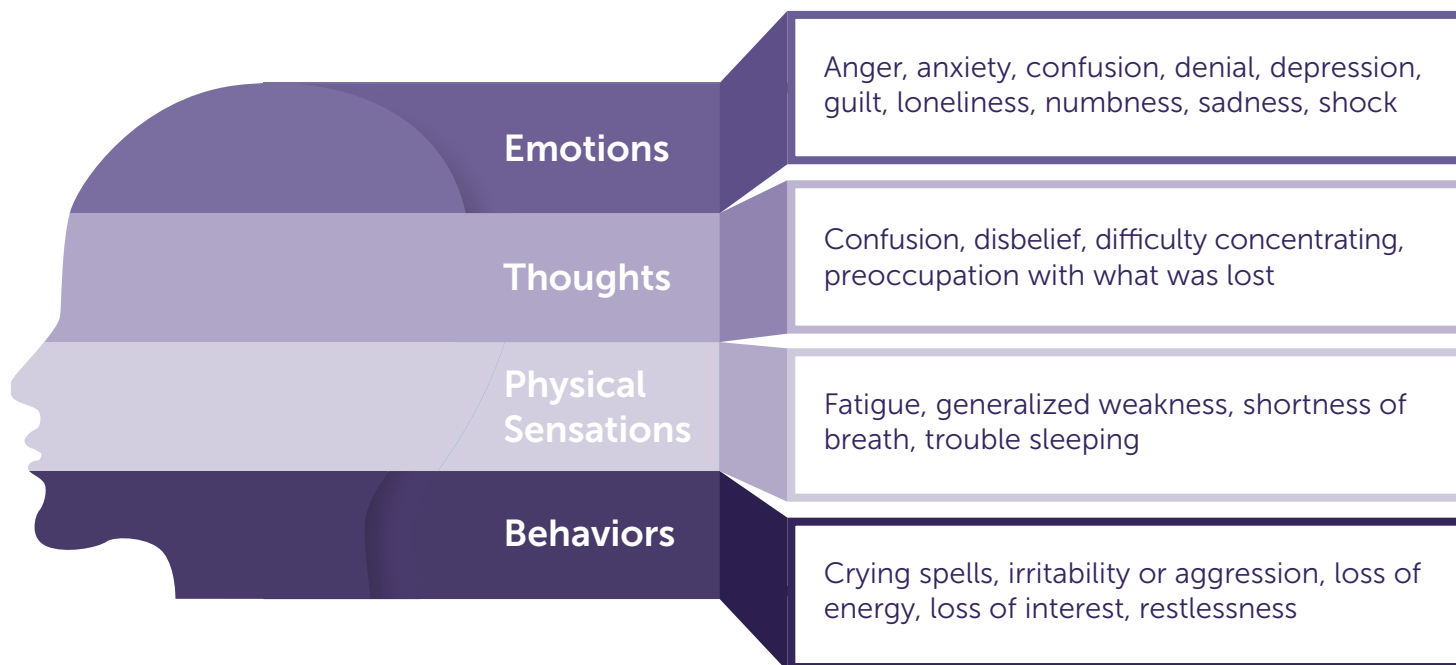
Dealing with Grief



At any point in our lives we could be faced with grief. It is usually brought on by life-changing events like death of a loved one, newly diagnosed health problems or financial issues caused by losing a job. Grief is a normal response to loss, but it is important not to let your grief lead to depression or other mental health issues. Read below to learn how to identify the many symptoms of grief.

Symptoms

Grief symptoms are different for everyone and can show through both physical and emotional symptoms.



Management

There is no wrong way to grieve. Give yourself time to experience your loss and cope in your own way. Try to remember that you are not alone and continue to take care of yourself.

- Allow yourself to cry
- Take care of yourself
- Express your feelings
- Keep a routine
- Avoid drinking alcohol
- Avoid making major decisions
- Avoid isolation
- Give yourself a break
- Ask for help if you need it

Things to consider

The symptoms of grief and depression are very similar. It's important to understand that the feelings associated with grief should be temporary. If the feelings last longer than a month or so, your grief may be turning into depression. If you are having trouble managing your grief or need additional help, reach out to a loved one for support, or schedule a provider visit to discuss possible treatment options to help you feel better.

Your mental health is just as important as your physical health!

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).