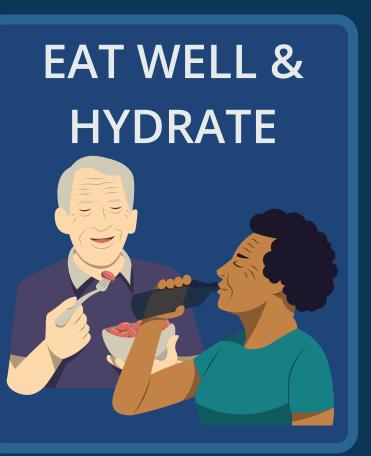
## SELF-CARE

FOCUSING ON THE BASICS OF SELF-CARE IS CRUCIAL WHEN GRIEVING





BALANCE
SOCIAL & ALONE
TIME



SPEND TIME UNWINDING



FEED YOUR SPIRITUAL SELF



Mourning Ventures of Maine LLC Lisa Joy White, LMSW, MA, CT