

CorsoCare Hospice Bereavement Program

Tips For Living

1. Celebrate each day.
2. Focus on the positive things in your life.
3. Remember your past victories.
4. Have short-term goals.
5. Have a long-term goal.
6. Decide what is important.
7. Don't worry about the things you cannot change—because you cannot change them.
8. Don't worry about things you can change; change them.
9. Communicate with the important people in your life; let them know what you want, need, think, feel, etc.
10. Take time to enjoy those you love and care about.
11. Take time out for yourself; we all need time alone.
12. Take care of your mind, body, spirit; there are no replacements.

The past has its place; memories are important.

The future has its place; we all need goals.

The present is now; CELEBRATE IT!!!