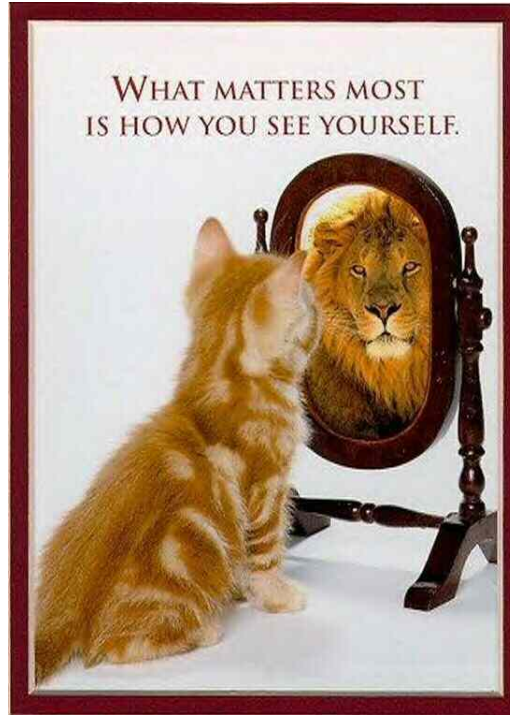


Taking Care of Me



I'm still important, even if it doesn't feel like it!

The suicide of a loved one zaps our energy, our self-esteem, and it often leaves an overwhelming feeling of having failed. It's very important to take care of you during this traumatic time. You may not care much right now, but there will come a day when you will, so please take care of you!

It's important to rest even if you can't sleep, take vitamins even if you can't eat, and do things to lift your mood, such as getting outside, read, or take a walk. Don't give in to the urge to withdraw from life!

Since skin is our largest organ, it quickly displays the stress in our life. This is a time when you need to exfoliate well, use lots of lotion, and drink plenty of water. It will help to fight off that aged look of stress. It only makes it worse when you look into the mirror and feel awful about what's looking back at you. Taking care of you will help more than you think!

PLEASE BE KIND TO YOU!