

# Balancing mourning and the management of an estate



## Taking care of yourself and your loved ones

**Give** it time.

Sleep, eat, **move**, focus on your health.

**See** friends and family.

**Return** to your regular activities and work.

**Believe** in your projects and your hobbies.

**Find** your balance again.

## Managing the distribution of the estate

**Inform** family and friends.

**Organize** the funeral arrangements.

**Contact** the deceased's employer and lawyer.

**Gather** information and documentation.

**Seek** advice from your experts.

**Prepare** the distribution of the estate.

The survivor's daily routine will be brutally disorganized.

It is important to take care of yourself and your loved ones.

Take the necessary time to pass through the stages of mourning.

Despite the pain we feel, we have several obligations to uphold.

Know who can help you in these times is crucial.

Let's talk about the help your wealth management advisor can provide to you.



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