

## Caring for Yourself During Grief

### BODY | Living

**SLEEP.** Regular rest is very important. If you have trouble sleeping, try drinking a glass of milk or listening to soothing music.

**EAT WELL.** Eat meals intentionally. Do not rely on snacks or eating in front of the TV. Gradually, your appetite will return.

**DRINK WELL.** Drink plenty of water and herbal teas. Try to avoid caffeinated drinks and alcohol.

**EXERCISE.** Physical activity helps you release some of your tension and feel stronger.

**BREATHE.** Take “time-outs.” Breathe deeply and fully two to three times in the midst of your activities.

**SEE YOUR PHYSICIAN.** If you are not feeling well, go to the doctor. Grief takes a toll on your body and can make you more susceptible to illness.

**PHYSICAL CONTACT.** Ask for hugs, get a massage, or take a warm bubble bath to get some physical contact.

### MIND | Feeling

**TIME TO GRIEVE.** Allow yourself grieving times and try to declare other times as non-grieving times. This way you may find at least short times of peace.

**CONNECT WITH OTHERS.** Find people who will let you experience your feelings, whether that is crying, telling your story again and again, or sitting with you in silence.

**DO SOMETHING WITH YOUR FEELINGS.** Find an outlet for your feelings. Journaling is a good way to externalize all that is going on inside of you. Or use other creative outlets. You may find talking to be the most helpful. Find what works for you.

**BE PATIENT.** Grief takes time. Try to be patient with people who do not understand your impact and remember to be patient with yourself, too.

### SOUL | Healing

**LOOK TO NATURE AND ANIMALS.** Nature and pets can be healing. Absorb the beauty and wonder of the natural world.

**PAMPER YOURSELF.** Set aside time each day to do at least one activity that brings you comfort and feels like you are pampering yourself. Even if it does not bring the pleasure it used to bring, it will help you relax and begin to heal.

**FIND YOUR RESILIENCY.** Draw on your memory of past experiences that were difficult. What you learned then can help now.

**BE GENTLE WITH YOURSELF.** Above all, be gentle with yourself. Pretend you're a friend who needs your help and support. What would you do for them?