

## **Suggestions for Helping Yourself Through Grief**

- Go gently. Don't rush too much. Your body needs energy for repair.
- Don't take on new responsibilities right away. Don't over-extend yourself.
- Keep decision-making to a minimum.
- Try to accept help and support when offered.
- Ask for help. No one can read your mind. It's very important to find someone who cares, understands, and with who you may talk freely.
- It's okay to need comforting.
- Be patient with yourself.
- Seek the support of others. Invite a relative/friend for dinner or overnight. Also, consider meeting new people.
- Be patient with yourself. Healing takes time.
- Lean into the pain. It cannot be outrun. Let the grief/healing process run its full course.
- Through this emotional period, it is okay to feel depressed. Crying does make you feel better.
- If Sundays, holidays, etc. are especially difficult times, schedule activities that you find particularly comforting for these times.
- Seek the help of a counselor or clergy person if you feel the need.
- Try Survivors of Suicide or other support groups.
- Try to get adequate rest. Go to bed earlier. Avoid caffeine.
- Good nutrition is important. Decrease junk food. Eat a balanced meal.
- Keep a journal. It is a good way to understand what you are feeling/thinking and, when reread later, see how you're doing and progressing.
- Read. There are many helpful books on grief. When grief is understood, it is a little easier to handle.
- Exercise - it offers an opportunity to work off frustration and aids sleep.

- Try to socialize with family and friends. Don't feel guilty if you have a good time. Your loved one would want you to be happy.
- It's okay to be angry. You may be angry at yourself, God, your loved one, others, or just angry in general. Don't push it down. Let it out – safely, such as hitting a pillow or screaming.
- Do not have unrealistic expectations of yourself.
- Grief takes time. It comes and goes.
- Do things a little differently, yet try not to make a lot of changes. This sounds like a contradiction, but it is not.
- Plan new interests. Join a class (exercise, tennis, self-awareness, craft, adult education). Read, learn something new. Rediscover old interests, activities, friends.
- Plan things to which you can look forward - a trip, visit, lunch with a friend. Start now to build memories today for tomorrow.
- Find quotes/posters/poems that are helpful to you and post them where you can see them on a regular basis.
- Talk and/or write to your loved one. Tell him/her what's on your mind.
- Pray and partake in spiritual nourishment offered by your faith tradition.
- Take a hot relaxing bath; bask in the sun; take time for yourself (movie, theater, dinner).
- Be good to yourself.
- Do something for someone else. Join a volunteer or support group. Helping others does much to ease the pain. Reach out and touch someone.
- Be determined to work through your grief.
- Remember, you will be better. Hold on to hope. Some days you just seem to exist, but better days will be back.
- Simply stated - put balance back in your life.
- Pray, rest, work and play.



Adapted from Safe Place by Anita Savage, Stanford, CT