

## Self-Care

Here are some things others have found useful in their healthy grieving. Choose the ones that fit for you, or make up your own methods of self-care.

Remember that grieving is an active process. It takes energy that will likely have to be temporarily withdrawn from the usual pursuits of your life.

Treat yourself with the same care, tolerance, and affection you would extend to a valued friend in a similar situation.

- Go gently -- take whatever time it needs, rather than giving yourself a deadline for when you should be "over it;"
- Expect and accept some reduction in your usual efficiency and consistency;
- Try to avoid taking on new responsibilities or making major life decisions for a time;
- Talk regularly about your grief and your memories with someone you trust;
- Accept help and support when offered;
- Be particularly attentive to maintaining healthy eating and sleeping patterns;
- Exercise moderately and regularly;
- Keep a journal;
- Read—there are many helpful books on grief; some are listed on the back of this brochure. If grief is understood it is easier to handle;
- Plan, and allow yourself to enjoy some good times without guilt. The goal is balance;
- Carry or wear a linking object—a keepsake that symbolically reminds you of your loss.
  Anticipate the time in the future when you no longer need to carry this reminder and gently let it go;
- Tell those around you what helps you and what doesn't.
  Most people would like to help if they knew how;
- Take warm, leisurely baths

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- Avoid drugs and alcohol. They can lengthen the grieving process by masking true emotions;
- See a counselor;
- Get a massage regularly;
- Set aside a specific private time daily to remember and experience whatever feelings arise with the memories;
- Choose your entertainment carefully some movies, TV shows, or books can intensify already strong feelings;
- Join a support group—there are hundreds of such groups and people have a wonderful capacity to help each other;
- Plan for 'special days' such as holidays or anniversaries.
  Feelings can be particularly intense at these times;
- Pray if it brings you comfort
- Take a yoga class;
- Connect on the Internet. There are many resources for people in grief, as well as opportunities to chat with fellow grievers;
- Vent your anger in healthy ways, rather than holding it in.
  A brisk walk or a game of tennis can help;
- Speak to a spiritual leader;
- Plant yourself in nature;
- Do something to help someoneelse;
- Write down your lessons. Healthy grieving will have much to teach you.

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