

# WAYS TO CARE FOR YOURSELF WHILE GRIEVING

During the grieving process, it is important to remember that everyone experiences grief differently. One way to help you during this process is to be compassionate towards yourself. Please see these ideas as suggestions only. Do what feels right to you.

1

## GIVE YOURSELF PERMISSION

Many times we think that grief should be something we get over or move through quickly. Give yourself permission to really feel your loss. Do whatever it is that feels comforting to you, regardless what others may think. If your life is busy, set aside at least a few minutes each day to really feel your loss.

2

## BE GENTLE WITH YOURSELF

Treat yourself as you would treat a good friend going through the same loss. Be kind to yourself and put any self-criticism and judgments aside. You are doing the best you can.

3

## AVOID HARSH ENVIRONMENTS

Now is not the time to watch TV news, horror movies or be in loud crowds. Surround yourself with your favorite books and soothing music.

4

## EAT WELL & MOVE YOUR BODY

Don't numb yourself with junk food. If you don't have much of an appetite, eat healthy foods in small portions. Moving your body will also help you to clear your head and be in the present moment.

5

## FIND FELLOW GRIEVERS

It may be tempting to isolate yourself from others, but tremendous healing can take place in a group of fellow grievers. Check your local churches, hospitals or even social networks to find a group where you are comfortable.



6

## WRITE A LETTER

Writing can be a wonderful way to process your thoughts and emotions. Try writing a letter to your present self from your future self several years from now offering consolation and hope for the future. You can also try writing a letter to your loved one and let your emotions flow.

7

## SPEND TIME IN NATURE

Spending time outside and around animals can be so grounding and can bring you fully into the present moment. Take everything in and open up your senses to the entire experience.

8

## REVISIT AN OLD HOBBY OR TRY A NEW ONE

Did you play an instrument in the band? Did you always want to learn how to paint? Now may be a great time to indulge yourself a little and encourage your inner creative to come out to play.

# Help During Grief

**Michal Rosen-Zvi**



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