

Self-Care Tips

Social

- Talk to friends and supportive people
- It is OK not to talk if you don't feel like it
- You don't need to respond to e-mails or phone calls if you don't feel like doing so
- Prepare for awkward comments from others . . . planning replies to common inquiries can help you feel more comfortable with these situations

Physical

- Get adequate sleep
- Do relaxing activities before bed to help you sleep such as reading a book, taking a bath, or listen to music
- Try to consistently go to bed and wake up at the same times each day
- Regular exercise will help you to feel better—start slowly if needed
- Do physical exercise with friends to help you stick to an exercise schedule and have some social interaction
- Eat a diet full of healthful foods including whole grains, fruits, and vegetables
- Don't rely on drugs or alcohol to help you cope with the pain from grief

Mental

- Set small and doable goals, such as getting up and getting dressed
- Let family members and friends help with practical matters to help relieve you of stress
- Plan time for quiet to calm your mind
- Consider lightening your responsibilities and work load—during times of grief you will not be able to function at your normal capacity
- Learn relaxation techniques such as mindfulness practices, yoga, and meditation
- Attending grief supporting groups or seeking help from a therapist is very helpful for your mental health while experiencing grief

Emotional

- It is OK to cry when you feel like it
- Journaling is a good way to get your thoughts and feelings out and promotes healing
- Interacting with others who have experienced loss can help you to see that there is hope and you will gradually have the pain soften and go forward in your life