



Caring for Yourself

Here are some helpful self-care ideas that can ease grief:

- Get sufficient rest.
- Acknowledge your emotions as they arise. Allow yourself to move in and out of painful feelings. Allow yourself crying time.
- Eat nutritious meals, and take a vitamin supplement if needed.
- Exercise daily: take walks, jog, bicycle, etc.
- Pamper yourself. Get a massage or back rub. Soak in a hot bath.
- Lower expectations of yourself; you won't be functioning at 100%.
- Postpone major decisions. Give yourself permission to forego unnecessary activities and to say no.
- Keep a journal. Express your feelings in writing.
- Cultivate a supportive environment of friends who will listen and not judge. Accept comfort from others.
- Take a meditation class, or join a prayer group.
- Look to your faith for comfort.
- Release anger. Scream in the car, or hit a bed with a tennis racquet.
- Add life to your home: a cat, fish, plants, flowers, etc.
- Listen to yourself. Realize that you know what is right for you.
- Buy something for yourself that you would really enjoy.
- Nurture a sense of humor.
- Read something uplifting.
- Travel, even if only locally.
- Listen to music, or go to a movie, play or art gallery.
- Take a class in a topic that interests you.
- Join a grief support group through By the Bay Health, your church, a mental health agency or community organization.
- Stay connected to your loved one by sharing memories, keeping a scrapbook, creating rituals in your loved one's memory, or completing a project he or she started.
- Think of what is still beautiful or meaningful to you each day.