



What Can I Do About My Grief?

Ideas for self-care activities and other tasks to help when you are grieving.

- **Keep a journal of your feelings and grief work.** Looking back can help with a sense of progress and healing.
- **Write a letter to the person who died,** tell them exactly what you are going through, this can help with a sense of “unfinished business.”
- **Don’t avoid family days,** but try to plan ahead of time how you will make such time together special, what rituals or traditions will change, and how you will include the memory of the person who has died.
- **Tell others clearly what you want and need.** Reach out to others, they won’t always know to check in with you or how to support you. Be open and talk about your feelings.
- **Eat healthy and get some exercise.**
- **Set small/doable goals at first, accomplish them.** With time set bigger goals to accomplish.
- **Engage in informal and/or formal counseling.** Informal counseling would be talking with family members, friends, or a clergy person. Formal would be appointments with a professionally trained grief counselor. Relying on support is not a sign of weakness.
- **Allow yourself time and permission to cry.** Tears are a natural experience, and are as natural as laughter and just as healing. Tears, whether shared with others or shed in private, can help release bottled up feelings such as sadness, anger, guilt, exhaustion, and loneliness. It takes a great deal more energy to try to keep your feelings locked inside than to let them out.
- **Use outside stimuli for a cathartic experience.** For example a movie, play, music or books.
- **Concentrate on breathing deep breaths.** Give your body the proper oxygen to function completely. This can feel grounding.
- **Create a safe place and go there,** whether physically in person or in your mind through meditation.
- **Write lists of memories or qualities about the person who died.** Write down things they said that you never want to forget.
- **Take care of yourself.** Meet yourself where you are at in your grief.
- **Take care of someone or something outside of you,** like a plant or pet.
- **Do activities that you enjoy.** If you feel stuck, **try something new.**

- **Take a long shower**, you can use this time for a shower meditation such as imagining a waterfall washing away pain and fatigue, covering you and filling you with peace and protection.
- **Talk out loud to the person who died.** It has been scientifically proven that this can be helpful.
- **Memorialize your loved one**, whether in your home or somewhere else. Visit that place if it is not in your home.
- **Attend a support group with other grieving individuals**, it can give additional support while also giving the sense that you aren't alone in grief, others understand you and what you are going through.
- **Visit nature.** Feel the earth beneath your feet, breathe in fresh air, feel the sun on your skin. The outdoors have incredible healing properties.
- **Use essential oils** or appealing fragrances, this can feel grounding and peaceful.

This isn't an all-inclusive list of the things that you can do to take care of you and honor your grief and the connection you have with the person you are grieving, but it can certainly help to give you some ideas.

There is no right or wrong way to grieve, and no "one-size-fits-all" method, approach, activity or care. But identifying what you need, right now, and fulfilling that need, can be the best way to take good and gentle care during this time.



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