

# What Can I Do About My Grief?

## SELF-CARE ACTIVITIES AND IDEAS WHEN GRIEVING

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

### Mentally:

- Write a letter to the person who died, tell them exactly what you are going through.
  - This can help with the sense of “unfinished business”.
- Tell others clearly what you want and need.
  - They won't always know to check in with you or how to support you, so try reaching out to them.
- 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.
- Write lists of memories or qualities about the person who died. Write down things they said that you don't want to forget.
- Rest.

### Emotionally:

- Keep a journal of your feelings and grief work.
  - Looking back can help with a sense of progress and healing.
- Don't avoid family days, but try to plan ahead of time how you will take care during time together.
  - Consider what rituals or traditions you will do or would like to change, and how you will include the memory of the person who died.
- Be open and talk about your feelings.
- Allow yourself time and permission to cry.
  - Tears are a natural experience, and are as natural as laughter and just as healing. Tears can help release bottled up feelings such as sadness, anger, guilt, exhaustion, and loneliness.
- Attend a support group with other grieving individuals.
- Meet yourself where you're at with your grief.

### Physically:

- Eat healthy and get some exercise.
  - To the extent that feels doable.
- Set small/doable goals at first, accomplish them.
  - With time, set bigger goals to accomplish.
- Get outside stimuli for a cathartic experience.
  - For example a movie, play, music or books.
- Create a safe place and go there.
  - Whether physically in person or in your mind through meditation.
- Take care of someone or something outside of you.
- Do activities that you enjoy.
  - If you feel stuck, try something new!
- Take a long shower or bath.
- Take care of yourself.
- Memorialize your loved one, whether in your home or somewhere else.
- Visit nature.

### Spiritually:

- Visit a place of worship that feels safe and comforting to you.
  - Visit at the frequency that makes sense for you and your needs - this could be daily, weekly, monthly... You can visit more than one place of worship.
- Concentrate on breathing deep breaths.
- Use prayer or meditation.
- Try a guided meditation or visualization activity.
- Talk out loud to the person who died.
  - It has been scientifically proven to be helpful.
- Visit with a spiritual healer/coach.
- Read something that feels inspirational to you.
- Listen to music that you find soothing or comforting.
  - Or try to create music of your own!
- Do a random act of kindness.

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