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.

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| - 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 other 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. |
| - 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. |

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| - 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. |
| - 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. |