

# Suggestions for Helping Yourself Through Grief



1. Go Gently. Don't rush too much. Your body needs energy for repair.
2. Don't take on new responsibilities right away. Don't over extend yourself.
3. Accept help and support when offered.
4. Ask for help. Our family and friends can't read our mind.
5. Find someone who cares, understands, and with whom, you may talk freely. It's okay to need comforting.
6. Seek the company of others. Invite a relative/friend for dinner or overnight.
7. Be patient with yourself. Healing takes time.
8. Lean into the pain. It cannot be outrun. Let the grief/healing process run its course.
9. Through this emotional period, it is okay to feel depressed. Crying does make you feel better.
10. If Sundays, Holidays, etc., are especially difficult times, schedule activities that you find particularly comforting.
11. Try to get adequate rest. Go to bed earlier. Avoid caffeine in coffee, tea, and colas.
12. Good nutrition is important to help the healing process.
13. Keep a journal. It is very good way to understand what you are feeling/thinking. Hopefully when you re-read it later you will see that you are getting better.
14. Read- there are many helpful books on grief. If grief is understood, it is a little easier to handle.
15. Moderate exercise, even walking, helps.
16. Begin toward building a pleasant time with family and friends. Don't feel guilty if you have a good time.
17. It is okay to be angry. You may be angry at yourself, God, the person who died, others, or just feel angry in general. Don't push it down. Let it out (hit a pillow, scream, exercise, hit a punching bag, etc.).
18. Grief takes TIME. It comes and goes.
19. Do things a little differently, yet try not to make a lot of changes. This sounds like a contradiction, but it is not.
20. Plan new interests- join a meetup.com group, read a novel, take a class, learn and do something new. Rediscover old interest, activities, and friends.
21. Plan things to which you can look forward- a trip, visit, and lunch with a special friend. Start now to build memories today for tomorrow.
22. Find quotes/posters that are helpful to you and post them where you can see them.
23. Pray/Talk to the person who has died.
24. Other ideas: take a hot, relaxing bath; bask in the sun; take time for yourself (ex: movies, theatre, dinner). Be good to yourself.
25. Do something for someone else. Join either a Volunteer or Support Group. Helping others does much to ease the pain.
26. Be determined to work through your grief.
27. Remember, you will get better. Hold on to HOPE. Some days you just seem to exist, but better days will be back. You will develop a renewed sense of purpose gradually.
28. Call Hospice of Santa Barbara for support.