

Taking Care of Yourself

Allow Emotions

Tears can be healing. It's "OK" to cry.

Eat Well

It is important to eat healthy foods and to take supplements.

Exercise

Take walks or work out.

Jogging, aerobics or a spring cleaning will do as well.

Physical exertion is a great stress reliever.

Get Enough Rest

Grief drains your emotional battery
and you will need to re-charge more often.

Journaling

Writing is a catharsis for many. Before bed each night is best.

It may seem too painful at first,
but just a sentence is extremely helpful.

Seek Comfort Rituals

This includes funerals or memorial services;
planting gardens or trees; donating to a cause.

Read and Learn About Death-Related Grief

Knowledge helps people to regain
a sense of control over their experience and
environments and helps reduce vulnerability.

Avoid Major Changes in Residence, Marital Status or Jobs

Major changes can be too burdensome during grief.
Wait for about a year after the loss.