Caring for Yourself

Here are some helpful self-care ideas that can ease grief:

• Get sufficient rest.
• Acknowledge your emotions as they arise. Allow yourself to move in and out of painful feelings. Allow yourself crying time.
• Eat nutritious meals, and take a vitamin supplement if needed.
• Exercise daily: take walks, jog, bicycle, etc.
• Pamper yourself. Get a massage or back rub. Soak in a hot bath.
• Lower expectations of yourself; you won’t be functioning at 100%.
• Postpone major decisions. Give yourself permission to forego unnecessary activities and to say no.
• Keep a journal. Express your feelings in writing.
• Cultivate a supportive environment of friends who will listen and not judge. Accept comfort from others.
• Take a meditation class, or join a prayer group.
• Look to your faith for comfort.
• Release anger. Scream in the car, or hit a bed with a tennis racquet.
• Add life to your home: a cat, fish, plants, flowers, etc.
• Listen to yourself. Realize that you know what is right for you.
• Buy something for yourself that you would really enjoy.
• Nurture a sense of humor.
• Read something uplifting.
• Travel, even if only locally.
• Listen to music, or go to a movie, play or art gallery.
• Take a class in a topic that interests you.
• Join a grief support group through Hospice by the Bay, your church, a mental health agency or community organization.
• Stay connected to your loved one by sharing memories, keeping a scrapbook, creating rituals in your loved one’s memory, or completing a project he or she started.
• Think of what is still beautiful or meaningful to you each day.