



FamilyMeans
CENTER FOR GRIEF & LOSS

Self-Care

Here are some things others have found useful in their healthy grieving. Choose the ones that fit for you, or make up your own methods of self-care.

Remember that grieving is an active process. It takes energy that will likely have to be temporarily withdrawn from the usual pursuits of your life.

Treat yourself with the same care, tolerance, and affection you would extend to a valued friend in a similar situation.

- Go gently -- take whatever time it needs, rather than giving yourself a deadline for when you should be "over it;"
- Expect and accept some reduction in your usual efficiency and consistency;
- Try to avoid taking on new responsibilities or making major life decisions for a time;
- Talk regularly about your grief and your memories with someone you trust;
- Accept help and support when offered;
- Be particularly attentive to maintaining healthy eating and sleeping patterns;
- Exercise moderately and regularly;
- Keep a journal;
- Read—there are many helpful books on grief; some are listed on the back of this brochure. If grief is understood it is easier to handle;
- Plan, and allow yourself to enjoy some good times without guilt. The goal is balance;
- Carry or wear a linking object—a keepsake that symbolically reminds you of your loss. Anticipate the time in the future when you no longer need to carry this reminder and gently let it go;
- Tell those around you what helps you and what doesn't. Most people would like to help if they knew how;
- Take warm, leisurely baths

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