



HELPING YOURSELF THROUGH GRIEF

It is normal to react physically and emotionally to a loss. Here are some suggestions to help you take care of yourself and help you through the grieving process.

- Have a check-up with your family physician.
- Get physical exercise to help you relax
- Beware of alcohol, a depressant, which may interrupt sleep patterns, or caffeine, which may lead to nervousness.
- Check frequently that you have a balance in your life: rest, recreation, prayer/meditation and work.
- Be patient with yourself. Allow yourself the time to grieve at your own pace.
- Reach out to others. It is important to find friends you can talk to, especially someone who has been there. Don't expect your family to meet all your needs.
- Talk about your loved one as much as you need to, even if you repeat yourself.
- People grieve in different ways. Don't measure your progress against others.
- Crying is therapeutic. Allow yourself to cry if you need to.
- Confront guilt by realizing you did the best you could.
- Realize that conflicts with spouses, children, friends, or at work may arise to complicate the grieving process.
- Join a support group and share your feelings with others who are working their way through their own grief.
- Read & learn as much as possible about grief & develop new coping skills.