

# Coping with Grief

## Self-Care

- Allow time off – take time off from your routine or even from grieving
- Exercise – dance, run, walk, hike, sign up for an exercise class
- Nurture yourself – drink water, eat regularly, do activities you enjoy
- Rest – get enough sleep, take breaks and rest throughout the day
- Breathe – remember to take deep breaths and give your body oxygen
- Play – socialize with friends, eat out, play games, visit a museum/library
- Use humor – cultivate your own sense of humor and try to laugh or smile
- Visit nature – take walks or sit in the park and appreciate the natural world
- Use creativity – draw, paint, collage, sculpt, dance, play music, or garden

## Support

- Share your grief experience with those you trust and those who listen
- Rely on help from loved ones
- Ask for what you want and need
- Seek out professional grief support (psychotherapy support group)
- Call a crisis line: 512-472-HELP (4357)

## Writing

- Keep a journal – write about your thoughts and feelings. Use it as a space for release and introspection.
- Write a letter to your pet
- Grief influences our concentration and memory; writing down to-do lists can help us stay organized and more in control.

## Develop Resources

- Set small goals first – accomplish them, and then set more or bigger goals
- Cry! – If you feel the urge to cry, allow the tears to come
- Go to a safe space, in-person or in your mind, when you're overwhelmed
- Help others – reaching out to others who are hurting, donate, or volunteer
- Explore new activities to help get you out of a rut and to connect with others
- Remember your pet, by yourself or in company, via belongings or pictures
- Create rituals or sacred space to honor your loved one

**"You don't heal from the loss of a loved one because time passes, you heal because of what you do with that time." – Carol Crandell**

