

# Coping with Grief

## SELF-CARE

- Allow time off from routine, or even from grieving
- Exercise — dance, walk, hike, take a class
- Nurture yourself — water, meals, enjoyable activities
- Rest — enough sleep, take breaks throughout the day
- Breathe — deep breaths to give your body oxygen
- Play — socialize, eat out, games, visit a museum
- Use humor — cultivate your sense of humor
- Visit nature — walk or sit in a park
- Use creativity — draw, paint, dance, garden

## RESOURCES

- Set small goals first, then set bigger ones
- Cry — allow tears to come when you feel the urge
- Go to a safe space when overwhelmed
- Help others — reach out, donate, or volunteer
- Explore new hobbies to connect with others
- Remember your partner through belongings or pictures
- Create rituals or sacred space to honor your partner

## WRITING

- Keep a journal — write about thoughts and feelings
- Write a letter to your partner
- Use to-do lists to stay organized when concentration falters

## SUPPORT

- Share your grief with those you trust
- Rely on help from loved ones
- Ask for what you want and need
- Seek professional grief support (therapy, group)
- **Crisis line: 512-472-4357, call/text 988, or dial 911**

*“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*