

# Suggestions For Helping Yourself Through Grief



1. Be patient and gentle with yourself. Healing takes time and energy.
2. Don't take on new responsibilities too soon. Keep decision-making to a minimum and don't over-extend yourself.
3. Accept help and support when offered, seek it if you feel you need it.
4. For now, avoid those who depress or upset you. Your own troubles are more than enough for you just now.
5. Find someone who cares and understands, and with whom you can freely talk. It's ok to need comforting.
6. Remember that you can't outrun your pain. Let your grief process run its full course. There's no healthy way to avoid it.
7. Remember that depression is a natural part of grief. Crying helps you feel better, and you have the right to cry.
8. If you find Sundays, holidays or special "memory days" especially hard, use those days for activities you find particularly comforting.
9. If your grief doesn't seem to ease in a few months, seek the help of a clergy person, safe friend or counselor.
10. Get plenty of rest. Go to bed earlier or get up later and avoid caffeine.
11. Don't use alcohol or drugs as a source of comfort.



12. Good nutrition helps you to heal. Avoid "junk food" and eat balanced meals. If you don't feel up to eating a full meal all at once, try eating smaller amounts more often.
13. Keep a journal or diary. Writing down what you feel is a good way to understand what you are going through. When you re-read it later you will see over time that you're gradually getting better.
14. Read. There are many helpful books now on grief. Understanding the grief process makes it a little easier to handle.