

How to Take Care of Your Grief

Grief can take a physical, emotional, mental and spiritual toll on you. Below are suggestions to help you take care of all parts of you as you grieve.

Physical

- Get regular exercise.
- Rest when you can.
- Eat nutritious food. Eat smaller meals.
- Drink more water.

Mental

- Try to get your questions answered.
- Simplify your life. Try not to add more responsibilities.
- Ask for help.
- Postpone major decisions as much as possible.

Emotional

- Go toward your pain. Allow yourself to feel it.
- Communicate your feelings to people you trust.
- Tell your story over and over again.
- Surround yourself with people who care about you.

Spiritual

- Examine your values and beliefs.
- Find support in your faith community.
- Seek periods of solitude to allow yourself to grieve.
- Read books that will give you hope and inspiration.

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