

Some hints to help you when you are *Grieving*



When you are grieving a loss:

1. Grief is a normal reaction to losing someone or something important to you.
2. Everyone experiences grief in his or her own way.
3. Anger and guilt are common feelings during grieving.
4. Although you may always feel your loss, your grief will lessen over time.
5. Allow yourself time to grieve.
6. Talk to your family and friends.
7. Talk about your feelings with your doctor or therapist.
8. Do activities you enjoy, or routines you're accustomed to... cook, clean, return to work.
9. Exercise. It helps divert your attention and improve depression.... Go for a walk, ride a bike... (you may have to check with your doctor first)
10. Eat regular meals, and choose healthy snacks.
11. Try to maintain regular sleep schedules... before bed time, take a warm bath, avoid caffeine, read something light.
12. Keep a journal of your activities, thoughts, and feelings... in the form of a diary, letters to others (sent or not), poems, songs... your choice.
13. Seek comfort in your spiritual beliefs.
14. *Eventually*, explore new interests and social contacts... volunteer, join a social group, start a new hobby.

Remember... Hope begins the healing.