



What Can I Do About My Grief?

1. **Keep a journal** of your feelings/grief work. Looking back will help you to see your progression.
2. **Write a letter** to the person who's died; tell them exactly what you're going through or resolve any "unfinished business".
3. **Don't avoid Family Days** -- plan ahead of time how you will make them special, what rituals will change, what will remain the same, and how you'll include the memory of the person who has died.
4. **Tell others** clearly what you want and need.
5. **Eat right and exercise.**
6. **Set small goals** first - accomplish them - then set bigger goals.
7. **Reach out** to others.
8. **Be open** and talk about your feelings.
9. **Informal counseling** (talking to family members, friends, or a clergy person).
10. **Formal counseling** (appointments with a professionally trained counselor or therapist).
11. **CRY!** Tears are as natural as laughter and just as healing. Tears, whether shared with others or shed in private, can help release bottled up sadness, anger, guilt, exhaustion and loneliness. *It takes a great deal more energy to keep your feelings inside than to let them out.*
12. **Use outside stimuli** for a catharsis like a movie, play, music, or book.
13. **PRAY.**
14. Concentrate on **breathing** deep breaths. Give your body the proper oxygen to function completely.
15. **Rely on friendships** and outside help. This is not a sign of weakness.
16. **Create a safe place** and go there in person or in your mind.
17. **Write lists** of good things about the person who has died.
18. Write down the loving **things they said** to you that you never want to forget.
19. **Take care of something other than you:** a plant, a pet, a friend or neighbor.
20. **Do activities** that YOU enjoy.
21. **Groan** in the shower. Imagine a waterfall, washing away the pain and fatigue, covering you and filling you with peace, strength and protection.
22. If you feel stuck, **do something new.**
23. **Pace yourself.** Don't have expectations that are too high.
24. **Enjoy good memories.**
25. **Talk out loud** to the person who has died.
26. **Consider memorializing** your loved one, whether it be in your home, or somewhere else.
27. **Visit** the place of burial.
28. Consider a **support group.**
29. **Reminisce** over personal belongings or family pictures of the person who died.
30. **Visit nature.**





Top 10 Ways to Care For Yourself

Author: Carrie Bauer, LBSW

1. **Breathe.** When we are stressed, our breath is often more shallow. This is a way our body is telling us to slow down.

- ♥ When you are feeling stressed, do some deep breathing exercises at least 3x/day.
- ♥ Try to step away from the situation if possible.
- ♥ Try this...Breathe in and say to yourself "Let". Breathe out and say to yourself "Go". Repeat 3-5 times.

2. **Gratitude.** Taking time to notice and reflect upon the things you are thankful for can greatly improve your emotional and physical health.

- ♥ There is always something to be grateful for, it just may look different than we think. Look for gifts in unexpected things or places.
- ♥ Try this...Gratitude journal-write down 5 things every day that you are grateful for. Think of physical, emotional, and spiritual things.

3. **Sleep.** Develop a regular sleep pattern-go to bed at the same time each night, and get up at the same time each morning as much as possible.

- ♥ 7-8 hours of sleep is optimal, or try to get a 10 minute catnap when possible.
- ♥ Try this...Track your sleep for a two weeks. Write down the time you went to bed and the time you got up each day. Note how you slept-did you sleep through the night, did you get up often, etc. Look over your notes, are there things that you can change to improve your sleep? Limiting your screen time before bed, not drinking caffeine in the afternoon, etc.

4. **Mindfulness.** Become fully present in whatever you are doing. This could be through meditation, mantras, or prayers.

- ♥ Try to do for 15 minutes/day. This can be split up throughout the day, or all at once. Intentionally set aside time to be mindful.
- ♥ Try this...Mindful Eating. Eat a meal in silence, without distractions (no looking on your phone, responding to emails, watching TV, etc.). Think about the food you are eating, truly enjoying the taste of each bite. Think of where the food came from, who produced it. Thinking of how grateful you are for being able to eat it, being thankful you have the ability to enjoy the meal.

5. **Self-Compassion.** Often we can be our own worst critics, but negative self-thinking can be very damaging to our well-being.

- ♥ Forgive yourself for not being perfect, and be even more forgiving with yourself when you are going through a difficult time.
- ♥ Try this...Write a Compassionate Letter to Yourself Write a letter from the perspective of your own compassionate self. In the letter help your current self know that you are loved, and you do not need to suffer. Put the letter away, and read it again at a later time.



6. **Social Connection.** Find a healthy work and life balance. Find other people who “get it” or are in the same field as you, but also find those who can support you outside of your field.

♥ Be okay with saying “no” to others, and know who the people are in your life that may drain the energy from you. You may have to avoid these people at times when you are struggling.

♥ Try this...Make a list of people you can call or reach out to when you are having a difficult time. Write down 3-4 people you know you can contact, and how to contact them. Have this list in your phone or in wallet to look at when you are going through a struggle. If you don't have a good list of people to contact, work on the list so you know who to turn to when you really need that support.

7. **Exercise.** Find something that you enjoy doing, and try to do it at least 3 times/week.

♥ This also Includes healthy food choices and regularly scheduled meals.

♥ Try this...Go on a mindful walk. Walk on a trail or down the street for even just 10 minutes. Be mindful of your surroundings during your walk. Pay attention to what is going on around you: what do you hear, what do you see, what do you smell, etc.

8. **Laughter.** Laughing is similar to crying in that it is a release of emotions, and can help release endorphins and boost your immune system.

♥ Find things that make you laugh every day, several times a day. Avoid “heavy” topics on extra tough days, as these may increase your suffering.

♥ Try this...Laughter Yoga: fake a smile, giggle, then laugh slowly and gradually increasing in tempo and volume. Our bodies can't detect fake laughter vs. real laughter, so you get the same benefits.

9. **Focus on the Positive.** Make a conscious effort to find the positive, even in negative situations.

♥ Remember T.E.A.-Thoughts create Emotions that cause Actions.

♥ Try this...Write down the negative or difficult situation you are experiencing. Now write three positives that came from the experience or situation.

10. **Hugs!** Hugs can actually help us physically and emotionally. Hugs can boost serotonin levels that help create happiness. They can also build trust and a sense of safety.

♥ A hug can help us be present in the moment, and can encourage understanding between two people.

♥ Try this...On a stressful day, make it a point to give and/or receive 8 hugs. Be purposeful when seeking them out, and truly embrace the physical and emotional feelings you feel from the hug.





Understanding Grief

By Sasha J. Mudlaff, M.A.

What is grief? Grief is a natural and normal reaction to loss and change. It is a response which is physical, emotional, psychological and spiritual.

When does grief occur? It occurs when something or someone which we have been dependent upon is no longer present. Thus, we respond with grief in such instances as the death of a loved one, divorce, separation, moving, losing a job, physical disability, etc. Grief for death is likely to be its most intense expression.

For whom do people grieve? We always grieve for *ourselves*; for the very real losses that we endure. Sometimes a loss stems from the death or absence of another person; sometimes a loss stems from our own impending death or disability.

What happens when people grieve? The grief reaction of any given individual is highly personal. There is no set list or order of what one should or should not feel, nor is there a certain time frame in which one "gets over it". Grieving people experience some or all of the emotions listed below. Each is to be understood as completely natural and ultimately helpful in working through the grieving process.

*"When we take time to think our thoughts and listen to our feelings,
Parts of each day seem to get better --
Even though there will be times when we'll need to cry all over again."
From: "When Someone Dies", by Sharon Greenlee*

Intervals of Grief

Understanding the common characteristics of grief can help the grieving person to more effectively cope with his or her reactions when faced with loss. So often a person is overwhelmed with the sense that they are "losing it" or going crazy. Being able to define the intervals of grief can help give someone the "permission" he or she needs to feel what they're feeling and think what they're thinking. There is no *normal*/time span. However, in very general terms, grief can be divided into three intervals: *Early Grief*, *Acute Grief*, and *Subsiding Grief*.

1. **Early Grief** is what occurs when one initially find out about the death.

- It can last from a few hours to a few days.
- In this interval, the reality of what has happened has not yet registered.
- A person may experience such things as shock, numbing, denial and anger.



2. **Acute Grief** is the most difficult of the intervals to work through.

- It can last from a few months to a *few years*.
- An overwhelming array of emotions surface during this very trying time. Although the reality of the loss is understood in one's mind, it is often accompanied by pangs of intense yearning for the loved one, spasms of distress, tearful or uncontrolled sobbing, restlessness, insomnia, preoccupation with thoughts of the loved one, or even a constant sense of the presence of the loved one. One may experience a decrease in the ability or desire to function day to day as before.
- At the depth of grief, one may experience depression. It takes significant effort and perseverance to get beyond this very painful point, and this is when support may be most needed.

3. **Subsiding Grief** is the ability to endure and recuperate from the painful Acute Grieving interval and accept the fact that one must 'get on with life'.

- Subsiding grief lasts indefinitely.
- Subsiding grief is not a smooth and gentle path; it is a continuous series of highs and lows, especially as one confronts such things as birthdays, anniversaries, family days and holidays.
- However, a person is able to begin to: create new life patterns in the absence of the loved one; find reasons to go on living by reinvesting his or her energy in new things and new relationships; find creative ways to retain the memory of the deceased (this is an especially important part of the healing process).
- **Those who avoid their grief may never reach this significant and necessary interval.** A person must be patient and give themselves plenty of time and permission to grieve.

An analogy of grief: The death of a loved one is like a physical wound on one's body where grief is the gradual healing of that wound. We will heal just like a physical wound heals -- from the inside out. Avoiding grief is avoiding healing.

Grief is a strange mixture of joy and sorrow - joy to be alive and sorrow at the loss of your loved one. Your courage is not the absence of fear and pain, but the affirmation of life despite the fear and pain.

- Dr. Earl Grollman

Resources

Bolby, John, (1980). Attachment and Loss Volume III: Loss. New York: Basic Books, Inc.

Jewett, Claudia, (1982). Helping Children Cope with Separation and Loss. Massachusetts: The Harvard Press.

Miller, Dr. Dale, (1985?). Helpful Answers About Grief. Chair, Department of Religion, Drake University, Des Moines, IA.

Mudlaff, Sasha (1991). Children Grieve, Too. Unpublished literature review. Teachers College, Columbia University, New York, NY.





Effects of Grief

By Sasha J. Mudlaff, M.A.

Grief is a natural and normal reaction to loss and change. It affects ALL aspects of our selves: the physical, emotional, psychological, behavioral, and spiritual aspects.

PHYSICAL EFFECTS

- headaches
- muscular aches
- hollowness
- dizziness
- loss of appetite
- breathlessness
- exhaustion
- insomnia

EMOTIONAL EFFECTS

- anger
- sense of helplessness
- yearning
- sadness
- shock
- relief
- anxiety
- numbness
- guilt

PSYCHOLOGICAL EFFECTS

- sense of depersonalization
- search for the meaning of life or death
- preoccupation with thoughts of the deceased
- lack of concentration
- dreams of the deceased

BEHAVIORAL EFFECTS

- crying
- avoiding reminders
- withdrawal
- moodiness
- change of relationships
- carrying reminders
- over-activity
- apathy

SPIRITUAL EFFECTS

- embracing one's faith
- reliance upon God
- coming to grips with one's own mortality
- questioning one's faith
- anger toward God
- searching for the meaning of life

Because grief is such a unique reaction, the intensity, pattern, time frames and resolution will vary for every individual.

