

CARING FOR YOURSELF

*The information in this
handout is provided by
Home Nursing Agency.
It is our hope it will
provide you with some
support and comfort
during a difficult time.*

The loss of someone close to you can be stressful. It can help you to cope if you take care of yourself in certain small but important ways. Here are some that might help:

- **Remember that grief is a normal emotion.** Know that you can (and will) heal from your grief.
- **Participate in rituals.** Memorial services, funerals, and other traditions help people get through the first few days and honor the person who died.
- **Be with others.** Even informal gatherings of family and friends bring a sense of support and help people not to feel so isolated in the first days and weeks of their grief.
- **Talk about it when you can.** Some people find it helpful to tell the story of their loss or talk about their feelings. Sometimes a person doesn't feel like talking, and that's OK, too. No one should feel pressured to talk.
- **Express yourself.** Even if you don't feel like talking, find ways to express your emotions and thoughts. Start writing in a journal about the memories you have of the person you lost and how you're feeling since the loss. Or write a song, poem, or tribute about the person who died. You can do this privately or share it with others.
- **Exercise.** Exercise can help your mood. It may be hard to get motivated, so modify your usual routine if you need to.
- **Eat right.** You may feel like skipping meals or you may not feel hungry - but your body still needs nutritious foods.
- **Join a support group.** The thing to remember is that you don't have to be alone with your feelings or your pain.
- **Let your emotions be expressed and released.** Don't stop yourself from having a good cry if you feel one coming on. Don't worry if listening to particular songs or doing other activities is painful because it brings back memories of the person that you lost; this is common. After a while, it becomes less painful.
- **Create a memorial or tribute.** Plant a tree or garden, or memorialize the person in some fitting way, such as running in a charity run/walk in honor of the lost loved one.