1. Be kind to yourself- Self-compassion has tremendous healing power. Treat yourself as you would a beloved friend, in word, thought and deed. Give yourself the time and space to feel the pain of grief, and also give yourself permission to take a break when you need it.

2. Get the right amount of sleep- If you are experiencing grief-related insomnia, follow these good sleep hygiene for grief. If you are sleeping more than you did before your loss, know that this is normal and may be exactly what you need. If too much sleep is impacting you negatively, in addition to practicing good sleep hygiene, increase your exposure to sunlight.

3. Eat Healthy, Drink Water- This is tough for some of us even when we are not grieving, but now is the time to tend to your body with regular, healthy meals. Drink plenty of water, as it will help your physical and mental state. Avoid alcohol, as it can upset your sleep schedule and depress your mood.

4. Breathe Mindfully- Breathing fully and with intention accomplishes two things. First, it turns off the stress response known as fight-flight-freeze. Second, it focuses your mind on the present moment, which can stimulate your mental well-being.

5. Move Your Body- The right kind of physical movement will help your body release the tension and pain that comes with grief. Whether you take a leisurely stroll outside, practice yoga for grief, or go back to the gym, exercise will contribute to better sleep, mental stability, and an overall sense of well-being.

6. Connect With Others- One of the most important things you can do for your physical and mental well-being is to connect with other human beings (and animals!) who care about you. Go for a walk with a trusted friend, or schedule lunch with a family member with whom you can share mutual support. Sometimes when we are grieving we feel like our existing support system has fallen apart, so consider joining a peer support group or schedule an appointment with a compassionate grief counselor or therapist who is comfortable talking about grief.

7. Express & Create- You do not need to be a professional writer or artist to benefit from creative expression. Putting your thoughts and feelings into words and pictures can help you make sense out of seemingly senseless feelings. Write daily in your grief journal, or make a collage to express your grief with magazines and glue sticks. Crafting activities, such as knitting and drawing in adult coloring books, can help you focus and activate the creative side of your brain, which can increase your resilience and contribute to a better sense of well-being. Studies have shown that writing down 3 good things each day (either in a journal or on a phone note) can impact you positively

Crisis Hotline 24/7: CALL 800-273-TALK (8255)