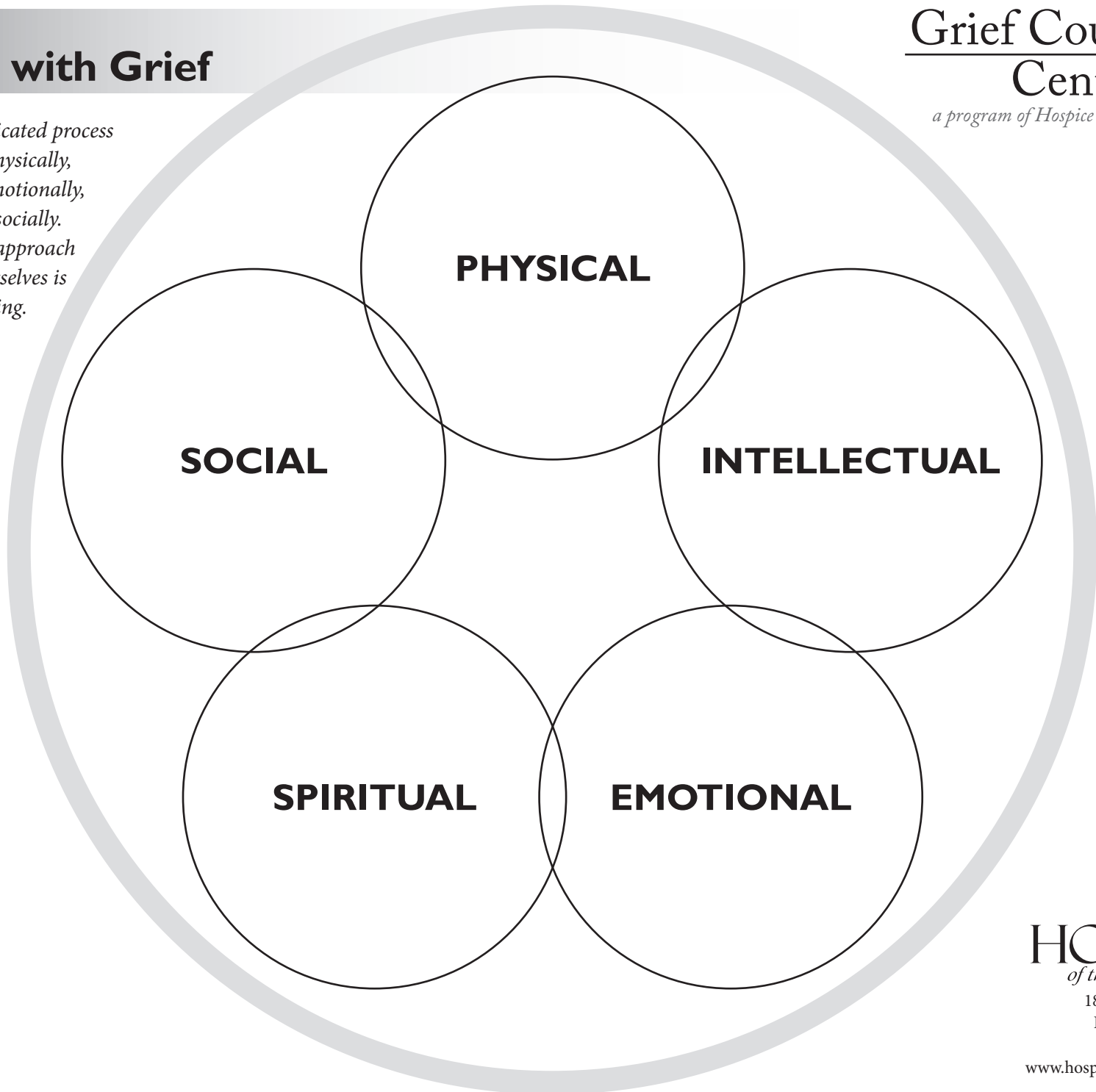


Coping with Grief

Grief is a complicated process that affects us physically, intellectually, emotionally, spiritually, and socially. Thus, a holistic approach to caring for ourselves is essential to healing.



Grief Counseling Center

a program of Hospice of the Piedmont

HOSPICE
of the **PIEDMONT**

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Strategies to Cope with Grief

Place a check beside any strategy that you are willing to try to cope with your grief.

PHYSICAL

- Keep bedroom dark and cool
- Drink caffeine only before 2 p.m.
- Use soothing music to relax before bedtime
- Drink chamomile tea before bedtime
- Talk to your doctor for help with insomnia
- Eat several small meals a day instead of 3 large ones
- Eat nutritious foods
- Drink peppermint or ginger tea for stomach upset
- Drink plenty of water
- Rest when you are tired
- Dance or move to music
- Exercise at the gym
- Go swimming
- Ride a bike
- Take a walk
- Get a massage
- Practice deep breathing
- Practice yoga postures
- Soak in a hot bath with candles and music
- Sit in the sun for 15 minutes
- Stretch
- Take a course in Tai Chi, water aerobics, or yoga
- Watch birds and other animals in nature
- See your doctor for a checkup

INTELLECTUAL

- Make a to-do list
- Read short articles or books
- Read about new concepts/ideas in small increments
- Break tasks down into small steps
- Allow yourself extra time
- Plan ahead
- Make a list of short and long term goals
- Preview your day upon awakening and review upon retiring
- Avoid major changes first year, when possible
- Recognize it may take longer to complete tasks or learn new things
- "Brain dump" – take a moment to write down all the thoughts in your head
- Look at photos of happy times with your loved one
- Keep a dream journal and discuss with a friend
- Read literature to educate yourself about grief and loss

EMOTIONAL

- Write or read a poem
- Express your feelings in a journal
- Listen to music
- Sing
- Pet a favorite animal
- Notice what you are feeling a few times a day
- Work on a family photo album or scrapbook
- Keep a favorite article of clothing of your loved one
- Create a memory box with mementoes of your loved one
- Make a memorial stepping stone for your garden
- Visit or decorate the gravesite
- Talk to your departed loved one
- Write a letter to your loved one
- Punch a cushion or yell into a pillow
- Feel all your feelings without judgment
- Allow yourself to cry, sob, or wail
- Call a long-distance friend or relative
- Place positive sayings on your refrigerator or mirror
- Be patient and gentle with yourself
- Acknowledge your small and large accomplishments
- Imagine your loved one hugging and reassuring you

SPIRITUAL

- Schedule a quiet time for reflection each day
- Connect with nature
- Concentrate on flame of a candle
- Listen to a guided meditation on a CD
- Visualize yourself in a peaceful place
- Join a faith group
- Learn about a different religion
- Study with a spiritual teacher
- Practice unconditional love and forgiveness
- Read inspirational or spiritual literature
- Practice moderation (food, alcohol, spending, etc.)
- Share spiritual questions with a trusted friend or clergy
- Write down your spiritual questions or doubts
- Pray
- Talk to your guardian angel
- Plant a tree in memory of your loved one
- Donate in memory of your loved one
- Do something of service in your loved one's memory

SOCIAL

- Give yourself permission to withdraw when needed
- Meet a friend for coffee in a quiet place
- Socialize in small doses
- Email, text, or call supportive people
- Join an online support group
- Give yourself permission to say "No" to social obligations
- Give yourself permission to leave an event early
- Take yourself on a date
- Take your own transportation to events
- Seek company of supportive people
- Attend a grief support group
- Talk to a friend who has suffered a similar loss
- List your needs and wants for friends and family
- Ask for and accept help when offered
- Give yourself permission to change traditions
- Remember your loved one with others on special days
- Receive or ask for a hug
- Join a service organization
- Take a class
- Join a book club