

Survival Guide for Early Grief

Attend to your physical health:

- ❖ Drink plenty of fluids. They help flush out the toxins that result from stress. Limit intake of caffeine and alcohol, as they tend to dehydrate.
- ❖ Eat 5 or 6 small meals a day. Or eat one item of food every 2-3 hours. Keeping an even blood sugar helps curb emotion swings.
- ❖ Engage in physical exercise. Even a brisk 10-20 minute walk can do wonders for your body and spirit, including helping you focus better.
- ❖ Rest during the day. Take breaks from whatever you're doing to nap or just rest. Listen to calm music or picture yourself in a serene setting. Breathe deeply to help you relax-count to 5 as you inhale and again as you exhale.
- ❖ Create bedtime routines to help you sleep. Go to bed at the same time each night. Take a soothing bath or drink a cup of warm milk to help you fall asleep. If your spouse died, try sleeping in a different room or curl up with a large pillow. If nothing helps, contact your doctor about some medications.

Seek Support from family and friends

- ❖ Ask them for help with everyday tasks or simply to be with you for periods of the day.
- ❖ Talk or write about your feelings.
- ❖ Ask for private time when you need it.
- ❖ Try to overlook statements that seem insensitive, or gently correct when others offend.

Examples of typical reactions:

- ❖ A wide range of thoughts and feelings, including a sense of unreality and disbelief.
- ❖ Physical symptoms such as; shakiness, a tight throat, queasy stomach and body aches.
- ❖ Inability to sleep and lack of appetite.
- ❖ Fatigue and exhaustion
- ❖ Difficulty focusing and making decisions or feeling like you are going crazy.
- ❖ Thinking more about the person's death or illness than their life.
- ❖ A resurgence of grief from prior losses.

Seek spiritual supports:

Whatever your form of spirituality, your practices and beliefs can be healing forces in your life. The warmth, love and belonging that you gain from your belief can help you find peace, comfort and meaning.

- ❖ Engage in practices that are consistent with your beliefs.
- ❖ Speak or meet with your spiritual or religious leader.
- ❖ Read inspirational readings.
- ❖ Utilize personal journaling
- ❖ Dwell in nature in a time of reflection.



Hospice Bereavement Services: 845-561-6111 www.Hospiceoforange.com