

A Holistic Approach to Grief

Physical Care

- Exercise the stress away
- Eat small amounts of food often and lower your intake of caffeine and sugar.
- Drink plenty of fluids, 8 glasses or cups a day is usually recommended
- Limit the use of mood altering drugs and alcohol
- Break tasks down into small parts
- Sleep, nap, rest and relax several times a day when possible

Emotional Release

- Talk is out as often as needed even if it's to the one who died, say the anxieties and fears out loud.
- Write your innermost feelings. Expressing yourself in writing can help you heal. Don't be afraid to cry, tears wash away the emotional debris.
- Relax by breathing slowly and deeply. Inhale peace and calm, exhale anxiety and stress.

Intellectual Help

- Read for self-insight or just for diversion. Short easy reads may be best.
- Take note of self-critical thoughts and counter with positive or reassuring ones.
- Put positive statements about yourself on your bathroom mirror and say them out loud each day.
- Refrain from intellectually challenging projects when feelings are intense.
- Avoid hasty decisions. Put major decisions off as long as possible.

Spiritual Support

- Realize the pain of grief can effect/change perceptions of one's spiritual beliefs
- Accept the humanness of pain. This does not imply spiritual weakness.
- Utilize inspirational readings and prayers the bring comfort.
- Seek guidance from a trusted or religious person or resource.



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