

Strategies for Healing

At Your Own Pace:

- ❖ Healing first begins with the understanding that what you are experiencing is normal. Taking care of yourself the best way you can is exactly what you need to do.
- ❖ Use your social supports and talk to friends and family about your experiences, thoughts, and feelings. Tell them what would be supportive of you.
- ❖ When you are ready, talk about future plans and life after your loss. Avoid hasty decisions.
- ❖ Join and become an active member of a group of others who have experienced loss.
- ❖ Take time to notice the small signs of healing in your own daily life.
- ❖ Give yourself permission to take whatever time is necessary to all you to recover.
- ❖ The goal of grieving is “letting go.” That doesn’t mean forgetting. Retain happy memories.
- ❖ Become aware of those things that help you get through this period and do more of them.
- ❖ Keep contact with your community supports: friends, family, social groups and house of worship.
- ❖ Maintain activities, hobbies and interests that you have enjoyed in the past. Exercise helps improve mood.
- ❖ Maintain a routine in your life.
- ❖ Remember, as painful as this might be, you will get through it and become stronger because of this experience.



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