



A Holistic Approach to Grief

Grief affects all parts of our being... intellectual, emotional, spiritual, and physical.

"Although grief never ends, it changes. It is a passage, not a place. It is the price of love."

Intellectual Wellness

- Read for self-insight or just for diversion. Short easy reads may be best.
- Take note of self-critical thoughts and counter with positive and reassuring ones.
- Post positive statements about yourself in 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.

Emotional Release

- Talk it 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, and slowly exhale anxiety and stress.

Spiritual Support

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

Physical Care

- Exercise stress away.
- Eat small amounts of food often.
- Lower your intake of caffeine and sugar.
- Drink plenty of fluids. 8 glasses a day is 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.

"All parts of our being... intellectual, emotional, spiritual, and physical are intertwined and need care and nourishment equally."



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