

Grief affects our whole being and is experienced in many areas of life. Listed below you will find suggestions to help support you mentally, emotionally, physically, and spiritually.



Mental

- Learn new skills
- Read books
- Discuss ideas
- Keep up with current events
- Plan for your future
- Evaluate choices and make decisions
- Work puzzles
- Take classes



Spiritual

- Pray or meditate
- Find or maintain spiritual companionship or community
- Attend spiritual services
- Read sacred/inspirational writings
- Become aware of how life events affect your thoughts and feelings about your spirituality
- Express your faith or lack of faith with another



Social/ Emotional

- Express feelings
- Plan social events
- Spend time with others
- Laugh
- Cry
- Express anger
- Care about another person
- Feel cared for by another
- Have meaningful activity
- Feel appreciated



Practical

- Finish legal matters
- Handle mail
- Pay bills
- Maintain home and car
- Make decisions about whether to move or not
- Arrange or rearrange furniture
- Go through belongings
- Handle finances
- Do laundry
- Grocery shop
- Clean house
- Do yard work



Physical

- Exercise
- Eat healthy
- Get fresh air
- Experience physical touch
- Get enough rest
- Take time in nature
- Participate in recreational sports
- Seek regular health care
- Maintain a pleasant home or work environment
- Garden
- Take a vacation



Creative

- Write or journal
- Paint or draw
- Participate in hobbies, arts and crafts, or photography
- Dance
- Listen to music
- Imagine
- Read
- Cook or bake
- Attend movies, theater, ballet, or the symphony
- Redecorate