

# What Can Help Me During Times of Grief

## Take good care of yourself

Grief can affect our physical, emotional, spiritual, and mental health. Grieving and mourning can be overwhelming and exhausting. During this time in your life, it will be important to take good care of yourself. Remember, self-care is not selfish; it is necessary to help you survive this difficult time.

## Eat as well as you can

Your body needs nourishment now more than ever. Many people have a change in their appetite or their eating patterns when they are grieving. Try to eat small meals or healthy snacks throughout the day to help your energy level.

## Exercise regularly

Return to your old program or start one as soon as possible. Exercise releases tension and anxiety. Depression can be lightened a little by the biochemical changes brought by exercise and you will sleep better. A daily walk is ideal for many people.

## Consider medication

Although medications may provide some relief, they should not be taken for the purpose of avoiding the pain of the loss. Be sure your physician knows the type and frequency of all medications you use.

## Rest and sleep

Some degree of sleep disturbance is normally expected. However, lack of sufficient sleep may lead to mental and physical exhaustion. Speak with your physician if you are not able to sleep.

## Your physical health

A certain amount of physical change is a normal component of grief because grief assaults the body as well as the mind. Grieving is a time of high health risk. Seek medical treatment for physical symptoms if they develop.

## Ask for help

Death is one of the greatest stressors in the human experience and severe stress can cause serious ailments. You can't remove the source of the greatest stress – death – but you are encouraged to care for your life.