

## Helping Yourself Through Grief

While there is no magical formula for the grieving process, there are ways that you can help yourself. In a sense, they help you to stay healthy so that you can deal with the pain you are feeling.

### Suggestions:

- Talk with your partner, family, and friends about your loved one and how you feel. By doing so, you release bottled-up emotions and tensions. You also set an example for others so they know it is appropriate to still consider your loved one an important part of your life.
- Try to resume old relationships and start new ones as a couple and as individuals. Your old friends have a history with your loved one, but new friends offer new opportunities.
- Remember to drink plenty of fluids, particularly water and juices. At least eight glasses of liquids a day are needed to keep you hydrated and to wash away body wastes.
- Avoid alcohol or drinks with caffeine as they can cause dehydration, headaches and/or low back pain. Alcohol drains your body of vitamins, increases the acidity of your stomach, decreases your circulation and can cause heart palpitations (fluttering). Under alcohol, which is a depressant, you can feel sadder.
- Exercise or do something active everyday- walking, biking, jogging, aerobics or stretching. Exercise helps you physically and psychologically. Getting outside and moving, even if it is just a walk around the block, can be refreshing and reduce stress.
- Avoid tobacco, which is good advice anytime because of the damage it causes to the body.
- With the stress on your body, you need rest even if you cannot sleep. This is not the time to increase your work hours.
- Keep a journal, write letters, notes or poems, or record your feelings on tape. These expressions of your feelings and thoughts can help release emotions.