Help Through Grief

1. Be patient with yourself. Do not compare yourself to others. Go through mourning at your own pace.

2. Admit you are hurting and go with the pain.

3. Apply cold or heat to your body, whichever feels best.

4. Ask for and accept help. Talk to others.

5. Face the loss.

6. Stop asking "Why?" and ask "What will I do now?"

7. Recognize that a bad day does not mean that all is lost.

8. Rest. Do not overdo.

9. Exercise. Eat regularly.

10. Keep to a routine.

11. Introduce pleasant changes into your life and do something you enjoy doing.

12. Know that you will survive.

13. Take care of something alive, such as a plant or a pet.

14. Schedule activities to help yourself get through weekends and holidays.

15. Find someone who needs your help.

16. Accept your feelings as part of the normal grief reaction.

17. Postpone major decisions whenever possible.

18. Be around people.

19. Schedule time alone.

20. Write in a journal.

***Adapted from *Bereavement and Support,* Marylou Hughes, LCSW, DPA (1995), 88.