

# SELF-CARE for GRIEF

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Devise your unique Self-Care Plan and prioritize it! You are now in Survival Mode and self-care matters.

**EAT** - for nutrition. Choose fresh, unprocessed, whole foods, despite lack of appetite. Hydrate with plenty of water. Watch caffeine and sugar intake as well for they can stimulate the nervous system. Avoid alcohol as it is a central nervous system depressant. It is especially important when grieving to maintain a stable mood w/o chemically induced swings.

**REST** - to avoid exhaustion. Take naps if needed. If you are experiencing insomnia, consider a consult with your physician, or holistic remedies. Body work, expression of concerns, meditation, prayer, or mindfulness can help. Create a soothing bedtime ritual (hot baths, herbal teas) and decrease screen time at night.

**MOVE** - your energy, engage in gentle exercise as is tolerated: walking, yoga, swimming, cycling, hiking, dance, Tai chi, qigong etc. Treat yourself to massage therapy, acupuncture, physiotherapy, and other energy medicine practices.

**GET OUTSIDE** - Enjoy time in nature. Enjoy fresh air and sunshine.

**SEEK SUPPORT** - Reach out to friends, family, counselors, grief support groups or a faith-based community. Create safe spaces, give yourself permission to grieve and to take breaks from grieving, diffuse fear, seek perspective and humor.

**EXPRESS** - Engage in one or more creative and therapeutic outlets to move your grief: writing, art, music, dance, fiber arts, and other expressive modalities.

*For best results, align your self-care plan with your personality style and preferences. Seek balance while encouraging yourself to do more, while knowing your limits. Recall your strengths. Listen to your body and your intuition.*

Please visit my site for more grief materials [www.shaileenbackman.com](http://www.shaileenbackman.com)