



## How Do We Stay Healthy in Times of Stress and Grief?

- Drink a lot of clean water
- Take a walk in the open air once a day.
- Get deep, restful sleep. During times of grief and stress, you may require more sleep than normal. This is natural, as your body is healing.
- Listen to music that makes you feel good.
- Cook a light meal with friends and family.
- Talk about your loved one with family members and mutual friends.
- Read a book that brings you joy.
- Attend a play, a concert, or an activity outside of your home that gives you some happiness.
- Take some time to be alone.
- Eat a balanced diet, full of fruits and vegetables.
- Plant some flowers in honor of your loved one.
- Build a birdhouse to put in your yard in remembrance of the one you've lost.
- Join a support group for survivors / widowers / people who've have lost a loved one. Many support groups can be found online or through local hospice agencies & churches. You may only want to attend once or twice, and that is fine.
- Plan nights with friends to talk about the person you've lost.
- Create a journal and write down things you wish to share with your loved one. Imagine that they can read what you write to them and leave the journal somewhere you can see it when you need a little solace.
- During the holidays, create an ornament or (buy an ornament that reminds you of your loved one) and hang it on your tree or in your home. During the holidays, the ornament can bring you the sense that your loved one is there with you.
- Accept help from others. People may want to bring you food, they may ask to talk about your loved one and the feelings you are experiencing, or they may ask to help you. Thank them for their kindness and allow them to help if you need it. People experience grief in their own ways and by helping you, it may lessen their pain as well.

