

Ways to Manage Stress While Grieving

Early On

- **Make no final decisions** about anything that can be postponed at least six months, such as moving or changing jobs.
- **Ask for help** with daily things, child care, shopping, laundry, phone calls. This is how to answer the question, "If there's anything I can do...".
- **Feel.** Do not be afraid of your feelings. They are part of resolving your grief.
- **Talk** about the person and what happened.
- **Eat properly.** If you have lost your appetite, keep trying to eat. Avoid excess caffeine, alcohol and sugar.
- **Sleep** when you want to. Practice relaxation techniques. If you cannot sleep, tire yourself with exercise.
- **Pray** if you can. If you are afraid to express anger at God, you might read some of the Psalms which were written from the depths of despair.

Later

- **Simplify your life.** Only do what must be done.
- **Eat properly.**
- **Exercise often.**
- **Plan time to talk** with your friends and family about what happened. Also allow times to not talk about it.
- **Forgive yourself** over and over, for the past, for anything you regret.
- **Allow all of the family time to grieve.** Each member will need to grieve in his/her own way.
- **Be honest.** Let people know how you are. Do not be rushed to "get over it" before you can. However, do not blame others for not really understanding.
- **Love** family and friends. Find small ways to show your love.
- **Survive.** Just let time pass.

Still Later

- **Establish new rituals** in your daily patterns, in your family and on holidays and special occasions to fill the empty spots and recall happy memories.
- **Let yourself laugh.** You do not need to live in pain forever to remember or love the one who died.
- **Allow yourself to be okay.** Force yourself to allow moments when you feel you are getting closer to acceptance.
- **Tackle a project.** Find a cause, charity or task to devote your energy to. This can be a way to make the death of your loved one have some personal meaning for you.
- **Love your family and love yourself.**
- **Continue to pray.**