

# Taking Care of Yourself

It is important to remember that grief is different for everyone. You are unique and your grief experience will be unique as well. You should work through your grief at your own pace. Be gentle with yourself. We hope these suggestions will help you work through the grief process.

## **Take one day at a time**

### **Be willing to surrender to the grief process-**

Allow yourself the time and the right to grieve.

**Be a healer-** Listen to others with compassion and without judgment. Allow people to have their own grief experience.

**Talk about it-** Find someone you can talk to. This helps to process the feelings you are experiencing.

For some people, creating a “grief ritual” is helpful in remembering their loved ones in loving, healing ways and with a sense of peace. Too often, bereaved individuals feel they must hold on to pain, seemingly forever, in order to remember those they love. Remember, it is important for you to create your own ritual or together with your family. By doing so, your ritual will have the most meaning and healing significance to you and those you love. Some examples of rituals include:

- Buy a very special candle and light it on the days that are significant to your loved one’s memory, such as a birthday, anniversary, or other special event
- Write a special note in a balloon and let it go
- Help feed the hungry or homeless on holidays
- Create a scrapbook of memories and photos or make a memory book
- Donate gifts in your loved one’s name
- Find a tree in a peaceful setting, tie a ribbon around it, and go frequently to remember. This is especially helpful when ashes have been scattered and there is no gravesite.

- Offer a scholarship in your loved one’s name
- On birthdays, holidays, anniversaries or other events, buy your loved one a gift and donate it to a hospital, nursing home or other charitable organization
- Have a family memory evening where you share pictures and reminisce about special times



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