

## *Grieving: What You Can Do*

1. Feel the feelings: Emotions are normal and healthy; everyone experiences them when grieving.
2. It's okay to feel afraid: Emotions, especially when not expected, can be frightening. Talk to a supportive family member, friend, or counselor.
3. Get angry! Direct your anger in healthy ways. Yell, pound a pillow, run, play a sport. Don't let the anger build.
4. Cry: It's okay to cry. It is even better to have someone to hold you while you cry.
5. Listen to yourself: You will often know what you need. If you are uncertain, then listen to a trusted family member or friend (someone who has your best interest as their first priority) who will help you keep reality in focus. Seek out and talk with others who have experienced a similar loss.
6. Set limits: Don't be afraid to say "no" to yourself or to others. Be gentle with yourself, and don't expect too much of yourself right now.
7. Stay active: Continue to be active; part of taking care of yourself is finding ways to continue with your own life.
8. Write a letter: Keep a journal. By writing your feelings down, it helps you to release whatever you are feeling. Write a letter to the loved one or yourself.
9. Laugh: Life has a way of moving you forward, even when you don't want to. There are still things to be happy about. Each day try to think of several things that make you feel grateful.
10. Reflect: Take some time to reflect on yourself and your loved one and the good times you had together.



11. Your faith: If important to you, find comfort in your religion or spirituality. Talk with a minister, rabbi, clergyperson.
12. Read about grief: So you will know that you are normal!
13. Ask for support: Remember that it feels good to be able to give to someone you care about. Give someone a gift by letting them be there for you.
14. Let people help: Join a support group. Hospice has information on what groups could be helpful for you. Call 315-735-6487 x1214 for more information.
15. BE GOOD TO YOURSELF!