

# Grief Plan To Help Get Me Through The Tough Times

## Be with others

Sometimes I don't feel like socialising, but it is comforting just to be in company. We all have that certain person or charity we can count on.

## Journal

Writing down my thoughts will help me express my feelings, sort through my emotions and unburden the weight in my heart.

## Get out of the house

Even if it is just for a walk around the block, the fresh air and exercise will naturally release the chemical endorphins helping relieve my discomfort.

## Love myself

Being kind to myself is essential. I am hurting and in need of affection. I will speak to myself nicely and make time each day for self-care.

## Set goals

To stop myself from getting overwhelmed, I will set small goals each day. Writing these down and ticking them off will help structure my day

## Take time for rest

Sleep will help my body and mind alleviate symptoms of stress, therefore helping me cope better. I can also rest or be mindful.



## What I can do when I feel:

### Sad

- Take slow, steady breaths
- Have a good cry
- Talk to someone
- Write in my journal
- Be creative; draw, paint ...
- Listen to upbeat music

### Angry

- Get physical; exercise/dance
- Beat cushions with your fists
- Write down your feelings
- Put your head in a pillow & scream
- Run up and down the stairs

### Alone

- Go for a walk
- Turn on the radio
- Talk to someone
- Go online & chat with friends
- Join a group/club
- Spend time with pets

