

# Grief Exercises



Each of us is unique in how we cope with loss, but often our own way just doesn't seem to be working and we find ourselves overwhelmed. To help you work through your grief, there are things you can do to help work through the grief and ease your pain. Below is a list of what I like to call "grief exercises." It's possible that not all of these will work for you, but try them out, you may be surprised.

## Write About It

Writing is often one of the best therapies for the soul. It is often times easier to express yourself in writing than to talk with someone. Sitting down and writing (or typing into the computer) helps to express emotions.

Here are various ways to write down your feelings:

- **Keep a Journal.** Get yourself a notebook that will fit in your purse, day timer or briefcase. When you are feeling overwhelmed or just need to talk but no one is around to talk to, get your notebook out and write.
- **Write a Letter to the person you lost.** Just write out what you want to say to him/her.
- **Compose a Poem.** Sometimes our thoughts have a rhythmic quality to them. Many people enjoy writing poetry as it seems to have a calming effect to it. Try it some time; you may be surprised at the results.

## Talk About It

Find someone you can confide in. Someone who will listen and not judge you and/or your feelings. If you don't have someone like this or don't feel comfortable with anyone you know, try seeing a counselor. Most health insurance offers counseling services. A counselor can be very beneficial as an outsider who will listen and help guide you through your grief. A word of note though, if you are uncomfortable with your counselor, but still need to talk, request a different counselor. Sometimes you just might not feel as comfortable with one counselor as another. Don't be afraid or ashamed to ask to see someone else. Counselors are professionals. They understand this.

## Listen to Music

Listening to music is a great therapy.

## Volunteer Some Time

This is an excellent idea! What better way to honor your loved one than to volunteer your services to help others? Keep in mind though, not to busy yourself to the point that you bottle up your emotions inside.

## Meditate and/or Pray

Many people find this comforting. Find yourself a quiet place where you can be alone with your thoughts. Sit quietly or play some soft, soothing music. Just listen for awhile. Let your mind go and see where it leads you. Then try to clear your thoughts and pray or think about some of the happy memories you have of your loved one. You may also talk to your loved one as if they were there with you. Cry if you need to; don't hold anything back.

**Share the Memories of your loved one with Others**

This can be extremely therapeutic but it can also be very difficult. If you feel you aren't quite ready for this, then take it slow. It can be (and probably will be) painful at first. If you have someone willing to listen, willing to hear and talk about your loved one, then by all means, talk and share! Talk about your loved one and some of the fond memories you have of your loved one.

**Join a Support Group**

Being able to share with others who can directly relate to your experience is an excellent form of therapy. How many times have you wished you could talk to someone who would understand how you feel? I mean *really* understand because they have gone through the same thing. Well, that is what a support group is all about. Or, call your counselor (or health Worker) to find out if there is a support group you can join in your area. If neither of those work out for you, you may want to consider forming your own support group. (You may want to get some assistance from a counselor or the Health Clinic though).