

10 WAYS TO HELP YOURSELF WITH GRIEF

Adapted from "Ways to Help With Grief," Bereaved Parents of the USA

1. Let Others Help You

- Tap bonds with friends, teachers and counselors
- Trust others to help
- Share feelings and pain

2. Remember It's Normal To Feel What Seems Abnormal

- It is common to feel that you're 'going crazy'
- Personal disorganization is common
- Anger and fear will be present

3. Express Thoughts and Feelings

- Words are most helpful and least harmful
- Crying is healthy – it is ok to cry
- Do not fear losing control

4. Do Not Try to Avoid Grief

- Avoiding grief adds misery
- Lean into your feelings
- Grief postponed is acceptance postponed

5. Reach Out

- Sharing is our responsibility
- Do not assume others know what you need
- Choose to be healed

6. Help Others

- Memorialize
- Do more than expected
- Volunteer

7. Rise Above Bitterness

- Bitterness displaces blame
- Grudges deplete energy
- Forgive self and others

8. Expect to Regress

- Grief is erratic
- Special times can be hard

9. Maintain Physical Strength

- Have healthy eating and sleeping habits
- Run, play, and participate in sports
- Find ways to relax

10. Deal With Your Needs and Immediate Problems

- Decide what your needs are
- Seek healthy ways to meet your needs