

Self-care Resources for New Widows (and everyone else)

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Those actions to support our body, mind, and spirit so we can attend to the daily demands of life, and eventually re-create, over time, some sense of meaning, purpose, and hope.

1. **SLEEP** is essential
2. **EAT** healthy foods, but don't obsess about it
3. **MOVE** your body, gently or vigorously
4. Find ways to connect with **NATURE**
5. Practice **MODERATION** especially with alcohol and drugs
6. **ACUPUNCTURE** might be helpful
7. The healing touch of therapeutic **MASSAGE** can do wonders
8. A professional **THERAPIST** can be a life-saver
9. Some find benefit with **MEDITATION**
10. **RITUALS** can be grounding amidst the chaos of grief

[Elephant Journal](#) has a lot of good articles on grief, widowhood, and bereavement. I published [this article](#) on Elephant Journal in January 2020. It's called *9 Ways to "Put on your Oxygen Mask" when you're Struggling through Grief*.

Here are some books I read.

Links are to IndiBound.org which supports local bookstores, except where noted.

1. [Tear Soup: A Recipe for Healing After Loss](#). Pat Schwiebert, Chuck DeKlyen, Taylor Bills (Great for kids)
2. [The Year of Magical Thinking](#). Joan Didion (Her prose captures the befuddlement of grief spot on)
3. [Swallowed By A Snake: The Gift of the Masculine Side of Healing](#). Thomas R. Golden (Great for men)
4. [The Essential Rumi - Reissue: New Expanded Edition](#). Trans.: Coleman Barks (Poetry that will make your heart cry).
5. [The Other Side Of Sadness: What The New Science Of Bereavement Tells Us About Life After Loss](#). George A. Bonanno (Helps de-bunk the traditional beliefs about bereavement)
6. [A Grief Observed](#). C. S. Lewis (A bit dry, but a very honest account)
7. [The Denial Of Death](#). Ernest Becker (Academic. A heavy read. I finished about half of it. Changed my life)
8. [The Rejection Collection: Cartoons You Never Saw, and Never Will See, in The New Yorker](#). Ed.: Matthew Diffie (Raunchy, irreverent, un-PC. Sometimes that is what is needed)
9. [Everyday Emerson: The Wisdom of Ralph Waldo Emerson Paraphrased](#). (Quick read. Not grief-related, but reminds us how we are all connected. Amazon link)

www.never-stop-dancing.com

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10. [An Appeal To The World: The Way To Peace In A Time Of Division](#). Dalai Lama, Franz Alt
(Not exactly grief related. This book made me realize we all deserve joy and happiness)

Meditation Apps

There are quite a few mediation apps available. Here are two I am familiar with.

- The [InsightTimer](#) is free, with in app purchases, and has a wide variety of meditations available. I'd start here.
- I use Sam Harris's "[Waking Up](#)" app. Harris is, admittedly, an acquired taste and you have to pay for it. For me it has been transformative

Social Media and Ways to Connect with Others

[Meetup.com](#) has a number of widow, grief, and bereavement groups. Put those terms one at a time ("widow", "grief", "bereavement") to find one near you, or a virtual meetup online anywhere.

[Reddit.com](#): There are a number of sub-reddits for those so inclined. Reddit can be a strange neighborhood, but there are plenty of good-minded people there too. FYI, some people like to create a separate Gmail account just for reddit.

<https://www.reddit.com/r/widowers/>
<https://www.reddit.com/r/GriefSupport/>
<https://www.reddit.com/r/SuicideBereavement/>

[Facebook.com](#) also has a number of groups devoted to grief, widows and widowers, and so on. Most are private groups and require moderator approval to join. Here are some:

[Young Widows & Widowers](#)
[Widowed and Remarried](#)
[Grief Beyond Belief Closed Group](#)
[Non-Religious Widows / Widowers Club](#)
[The Widowed - Support Group](#) (Dark, silly, and irreverent)

[Youtube.com](#) is also a good source for lectures, channels, TED/TEDx talks, and so on. Search for terms like "widow", "grief", "bereavement" to find relevant videos.

Emotion "wheel" when journaling or exploring your emotions around grief. Or anything.

<https://fingertipsenglish.com/trinity/wp-content/uploads/2016/05/1z7GvB9.jpg>

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