

The Goldstein Family  
Hospice of Cincinnati and Fernside  
**Grief Center**



Promoting Healing for Life After Loss

## Quick Tips for Grief – Self Care

**Take it one day and one hour at a time** ~ Break your day and your task list into smaller manageable items so that you do not become overwhelmed.

**Find Peace** ~ Pray, meditate or do Yoga to find a calmer place within yourself.

**Let yourself enter the emotions of grief** ~ Those who are grieving tend naturally to avoid the painful emotions. Losing someone close to you means you deserve to allow yourself to feel all your emotions - sadness, anger, intense longing, guilt and others.



**Play Music** ~ Soft, slow music can promote relaxation and reduce anxiety, while playing up-tempo music can increase motivation.

**Do whatever positive thing you can think of to hold on** ~ Go outside and stare at the clouds drifting, scream at a starlit sky or enjoy the sunset.



**Keep yourself busy** ~ Take part in reading, playing an instrument, playing computer games or doing arts and crafts.

**Scrapbook** ~ Begin to go through your loved ones things and reminisce through creative art.

**Write in a Journal** ~ Even if you don't feel that you're a good writer, it can be so healing for you to keep a journal or explore your feelings through poetry.



**Write your loved one a letter** ~ Say what you would tell them as if it were your last chance. Even if you never share the letter with anyone, writing it may help you work through your grief.

**Take deep breaths** ~ Slow your mind and breath to focus and calm when having a "grief attack".

**Call on your support** ~ If you are in need of extra support, call a friend or family member to talk.





## *Take Care of Yourself*

*Now is the time for you to begin to take care of yourself. The grieving process can be very stressful for some people. Following these simple suggestions may help you through the process.*

*~Drink plenty of water, juices, etc.*

*~Try to eat well-balanced meals regularly, even if you are not enjoying eating.*

*~Sleeping may be difficult for you, but try to establish a regular pattern of rest.*

*~Stay in touch with friends and relatives. Go out, even if you feel you don't have the energy. Reach out to others.*

*~Exercise, even if it is just a little walking. This will help your appetite, sleep and general well being.*