

SOME KEYS TO WORKING THROUGH GRIEF

1. **SHARE YOUR GRIEF** - Demonstrate your grief to others so that they have an honest understanding of how you are feeling. Share your grief, not asking for any reaction from others, but getting relief from getting your grief out.
2. **IDENTIFY YOUR SUPPORT SYSTEM** - Look around you and find people who are supportive of you and your feelings. They will form the nucleus of what helps you through grief.
3. **ACCEPT YOUR FEELINGS** - You are entitled to feel badly, feel good, feel anger, or feel guilt because you lost someone very important to you.
4. **EAT AT LEAST ONE GOOD MEAL PER DAY** - Be sure that you nurture your body at least once per day with a balanced meal.
5. **BE KIND TO YOURSELF** - Live each day and give yourself a good feeling for having made it through each day. Discover what simple things you can do for yourself to feel good—hot baths, a hot cup of cocoa, a good book, ten minutes to yourself, etc.
6. **LOOK OUT FOR YOUR NEEDS** - Learn some assertive skills to stick up for yourself. Learn to say no without risking the loss of friends you need.
7. **KEEP A JOURNAL** - Each day log your feelings so that you can begin to chart your growth. The journal can give you an outlet for expressing your innermost feelings.
8. **GIVE YOURSELF PERMISSION TO CHANGE YOUR ROUTINE** - You may want to change where you eat, you may want to change the time you go to bed, change your furniture around, change the places you go, or stay away from places or people that upset you until you are feeling better.
9. **IDENTIFY THE BAD TIMES FOR YOU** - Certain times of the day or week are particularly uncomfortable—the weekends are often discussed as a time when family gets together. When you know that you are approaching the time or day or week, then plan ahead to cover the bad time with activities or involvement with people that are special.