EASING GRIEF

Holidays and other “special days” such as birthdays and anniversaries are often a difficult time for a person experiencing grief. This may be because there is such a disparity between what our expectation of these special days is and the reality of the present, in which some person special to us is missing. Past holidays are also times our memory bank can recall with ease, so many memories of holidays past flood our present and do not let us deny our real feelings of grief.

Grief is hard work. If you take control of how you grieve, you may find it easier to bear. The following suggestion may help:

1. Apply cold to your body if you’re feeling helpless, hopeless, lethargic, depressed.
2. Apply heat to your body if you feel anxious, agitated, tense, hyperactive, or have insomnia.
3. Engage in a brief period of vigorous activity everyday.
4. The skin is your largest organ and needs constant nourishment in the form of touch or cuddles or massage.
5. Don’t isolate yourself- even if you feel like it.
6. Schedule a daily alone time to get it all together.
7. Avoid exhaustion, loss of sleep, and overwork.
8. Eat regular, nourishing meals.
9. Consider attending a grief support group or seeing a counselor.

Source: Handout from Hospice of Health First, Inc.