

5 THINGS YOU CAN DO TO HELP YOUR GRIEVING PROCESS

Deliberately distracting our attention from our grief can be helpful in building perspective and hope. Here we share some ideas for ways to do that which may also help prompt some ideas of your own.

1

Gratitude

Take a few minutes to write down three things you're grateful for or that are going OK in your life, then as you read back through them, feel the feelings of gratitude. Do this at least once a day to help it become a habit to seek out the positive.



2

Breathe

Whenever you feel emotionally overwhelmed, stop, sit or stand still, and breathe. Shut your eyes if that helps. Count ten full breaths. During that time, try to only focus on your breath and counting. This helps our body to regulate and reset (as opposed to activating its fight or flight response system).



3

Sound

Listen to something that makes you feel better, even temporarily. This could be things like listening to music you love (it could be calming or upbeat, so long as you enjoy it), podcasts by those you are inspired by, the sounds of nature, or audiobooks by your favourite authors.



4

Meditation

All you need is somewhere you can sit or lie comfortably, indoors or out, without being disturbed for a few minutes. Take the time to focus on each part of your body, from your toes to the top of your head. Where you come across tension, deliberately relax that area before moving on to the next.



5

Connect with nature

Take a walk and as you do, observe what's around you. Notice what you see and what you can hear. Or try planting something that you can observe growing. Whether it's a potted plant or something grown from seed, nurturing something and seeing it grow can bring beauty into our world and remind us of the natural cycle of life.

