

10 My Grief: Ten tips for good self-care



1. Put yourself first

Make looking after yourself the priority. By looking after yourself first, you will then be better able to support those around you if needed.

2. Rest and relaxation

Be kind to your body – make time to do things that are relaxing, e.g. sleeping, listening to music, massage, having a bath or meditation.

3. Healthy eating

Try to maintain a healthy and balanced diet.

4. Physical activity

Try to build a sustainable amount of physical activity into your daily routine. Even a 30-minute walk can make a big difference to your overall health and wellbeing.

5. Social connections

Make the effort to regularly engage with friends, family and your local community. This can be as simple as having coffee with a work colleague, phoning a friend, joining a local club or having a chat over the fence with a neighbour.

6. Do activities that give you pleasure

Set time aside to do the things that you enjoy; this could be anything – reading a book, gardening, going to the movies, playing the piano, riding a bike, etc.

7. Go outside

Embrace the great outdoors – fresh air and sunlight (Vitamin D) can help to improve your overall health and wellbeing.

8. Talk

Telling your story can be healing. Talk to someone supportive and understanding about your grief journey.

9. Healthy relationships

Spend your time and energy on positive relationships. Ask yourself: *Do my existing relationships create meaning and comfort in my life or are they unhealthy?*

10. If you need help, ask

Help is available if you need it. Don't be afraid to ask or find out what's available.