

Ideas for self-care



- 1. Supportive Relationships** – Don't do this alone. It is important to connect with others (friends, family or colleagues) who care about you. Allow them to care for you when you need it.
- 2. Sharing with others** – Find someone you feel comfortable to talk to.
- 3. Be true to yourself** – Don't dismiss your place of strength, be it a set of beliefs, a religion, faith or traditional/alternative healing techniques – Your place of strength is as individual as your grieving process. There is no right answer only you know what works for you.
- 4. Get moving** – Any physical activity is worth it. Exercise can lift you when you're feeling low. Getting outside in the sunshine is also beneficial.
- 5. Be patient** – Understand the healing process takes time.
- 6. Take care of your physical health** – Grief can be hard on your body. Looking after yourself includes – eating regular healthy meals, getting plenty of sleep and regular exercise and avoiding overuse of alcohol, tobacco, caffeine and other drugs. A check-up with your GP may assist you with this.
- 7. Practice self-care** – Be kind to yourself. Do things that bring you enjoyment and comfort, such as listening to relaxing music, massage, a warm bath or meditation.
- 8. Go outside** – Spend some time outdoors. Fresh air and sunlight can assist your overall health and wellbeing.
- 9. Reach out** – You may be able to work through your grief with the help of family and friends, or you may need extra support. Don't be afraid to ask.