

Managing Difficult Days

Part of managing difficult days is an awareness of what brings you comfort. Identify your comforting thoughts, people, places, activities. Following are additional suggestions to assist you in helping yourself when needing comfort on difficult days.

Listen to your favorite music.

Count your blessings.

Spend time in prayer and meditation.

Write poetry.

Talk with family or friends.

Take a relaxing bath or shower.

Ask for help – accept help.

Adequate sleep is important.

Tell your story over and over.

Pamper yourself.

Read something which meets your needs.

Physical exercise is vital.

Treat yourself to a special event.

Eat healthy snacks and nutritional meals.

Play with pets or hug a favorite stuffed animal.

Provide for humor in your day – laughter is healing.

Choose a new hobby or revive an old one.

Light a candle and recall memories.

Keep a journal – freely write thoughts and feelings

Explore your creativity through art-making, music, drama, or dance.

Allow for sadness and crying. Accept that there will be sad times.

Begin planning something you can look forward to with anticipation.

Keep your loved one's name and spirit alive – donate to a cause he or she supported.

Create meaningful rituals to celebrate your loved one's life.

Be gentle with yourself, there is no set way or time frame to grieving.