



COPING WITH YOUR EMOTIONS AND MANAGING STRESS

Here are some suggestions to help you deal with your grief:

- Exercising. Take a walk, play a game of golf, or do whatever exercise you enjoy.
- Crying.
- Talking about your feelings with a trusted friend, counselor, or pastor.
- Writing your thoughts on paper and expressing your feelings to the person who died, to a doctor, to God, etc. Then you may choose to destroy your writing or place it in a secure place.
- Praying for the person who died and for yourself in coping with the necessary adjustments in your life.
- Meditating and relaxing. This can offer you a brief respite from your emotions and obsessive thoughts and allow your body to heal.
- Drawing, dancing, singing, or any other type of creative expression. Make up a song and sing it as loud as you can, or paint or color the emotions inside of you.
- Watching a funny movie. This can offer a diversion from your grief work for a while, and laughter allows for the release of tension.
- Thanking your Higher Power for the support you have received, for friends, for books, etc. An attitude of thankfulness can be difficult at the beginning but will be an important aspect of living later.
- Reading about grief and loss.
- Listening to music. This can offer relaxation and comfort; it can be a mood changer.
- Taking a warm bath.
- Getting a massage. It relaxes your body and helps you feel cared for and loved.
- Eating nutritious meals. Sometimes dinner hours are lonely times – share them with a friend.
- Walking in nature. This can soothe the soul as you hear the sounds of life and watch the cycle of the seasons.
- Throwing yourself into a hobby. It helps you take your mind off of your grief work for a while.
- Caring for a pet. They give back unconditional love.
- Limiting the amount of alcohol, cigarettes, and drugs (sleeping pills, tranquilizers, etc.) you consume and the amount of time you watch television.
- Limiting your exposure to pesticides, herbicides, and chemical fertilizers.
- Limiting the amount of sugar, salt, and caffeine you consume.
- Getting adequate sleep.
- Staying hydrated. Drink 6-8 glasses of pure water every day.
- Using good posture with your neck elongated and your head up straight as if there's a hook at the top. Good posture changes your mood and confidence.
- Wearing a smile, even when you don't feel like it can change your mood. You don't have to pretend to be happy, but if you're tired of being sad and need a break, try a smile.