



TAKING CARE OF YOURSELF WITH EXERCISE AND NUTRITION

Grieving often affects physical well-being. You may not sleep well at night, or you may rerun events in your mind and feel especially tired. Allow yourself the freedom to relax. You have suffered a great shock to your mind, body, and spirit. Physical injury requires rest as an important part of recovery, and emotional injury does too. Your energy will come back in time; now you must take care of yourself.

If several months go by and you still find yourself wanting only to sleep, you should let your pastor, bereavement minister, or physician know.

Exercise

Exercise, besides being great for your physical body, is also a wonderful release for your emotional self. It can allow for the release of emotions such as anger, guilt, anxiety, or restlessness. It will give you more energy. Researchers have proved that exercise can temporarily relieve mild depression and improve mood. You may find that although you have been used to an active routine, just getting out of bed in the morning seems like a heroic act. Do whatever you can. If you haven't been active, don't push yourself into a vigorous exercise program. Take walks regularly, or simply move your arms and legs while seated.

Nutrition

Eating right may seem like a hard thing to do. You may have lost your appetite and even your interest in preparing food. These few suggestions may help:

- Take people up on their offer to go out to eat.
- Take a multi-vitamin daily. It can't replace a well-rounded diet, but it can fill in some of the gaps temporarily.
- Eat with the TV or radio on, if it offers company to you. Set a pretty table, and make your meal as colorful and appealing as you can.
- Eat extra foods high in protein to help your body heal itself.
 - Increase daily protein intake by adding one extra glass of milk or one extra serving of 3-4 oz. meat, cheese, or peanut butter.
 - Most microwavable entrees include 3-4 oz. meat. If you need to watch your fat, Healthy Choice, Lean Cuisine, and Weight Watchers are good choices.
 - Snacks like peanut butter or cheese on crackers or bread can substitute for one ounce of meat.
 - Add ¼ cup nonfat powdered milk to soups, casseroles, etc., to increase protein.
 - Follow the USDA food pyramid for daily healthy eating.

Suggestions courtesy of Linda Aamold, LRD at MerilCare Hospital in Fargo, North Dakota.

121 S. Arthur • Spokane WA 99202 • (509) 456-0438 • hospiceofspokane.org