

Looking after yourself

Be kind to yourself. Grief is painful. One person is available to support you 24 hours a day, 7 days a week. That person is YOU. Self-compassion has great healing power. Treat yourself as you would treat a well-beloved friend. Give yourself space to feel what you are feeling, but have space to replenish yourself too. Give yourself a treat.

Get the right amount of sleep. You might need to build a new bedtime routine. Try a hot bath or shower. Don't try to sleep too early. Try not to leave all your thinking and reflection for bedtime.

Eat healthily, drink water. This might be tough right now, but tend your body with the right type and amount of food and water. It will help your mood and physical wellbeing. Try not to rely on caffeine or alcohol as these may have a negative impact on your physical and emotional wellbeing.

Breathe mindfully. Breathing fully and with intension and focus can decrease stress. It can also help you re-focus on now rather than everything up ahead.

Get moving. Gentle movement and exercise can help release the physical tension felt in grief. It will also aid sleep at the end of the day, develop mental stability and enhance your overall sense of wellbeing.



Connect with others. Connecting with others who care about you is important to our healing and wellbeing. It's tough right now, but remember a telephone call, FaceTime or video call can make all the difference. Sometimes you might have to make the first step – others might not know what to do for the best. Give them the help they need to help you.

Express creatively. Putting thoughts and feelings into words and pictures can be helpful and gentle therapy for our souls. Crafting activities, such as knitting and model-making and drawing in adult colouring books, can help you focus and activate the creative side of your brain, which can increase your resilience and contribute to a better sense of well-being.

Practice relaxation skills. There are many forms of meditation and relaxation to help with grief: contemplative prayer, mindfulness meditations, focus and breath practices, guided visualization and yoga (meditation in motion). Meditation helps you take control of your mind and stay in the present, which contributes to your mental well-being. Start with two to five minutes a day. If you can, work up to 10 to 20 minutes a day. There are lots of apps to help, including Calm and Headspace.

Don't feel guilty if you are struggling. Reach out to others who might be finding it difficult too, you may be able to help each other. Seek practical help from friends, family or neighbours.

