

## STRATEGIES THAT DON'T WORK

Be gentle with yourself. Avoid harsh judgments. Be aware of your body's need for nutrition and rest. Let the natural healing process of time work-don't try to hurry things. Honor the messages your body gives you. Unexpressed words or tears can cause lumps in our throats; anger held inside can cause a headache or upset stomach. Expect the world around you to be filled with land mines-moments of painful realization of your loss and resentment toward a world that seem to go on without. noticing or caring.

### Helpful Actions:

Schedule time to spend with family and friends to counter feelings of isolation.

Find supportive, trustworthy friends and talk about your feelings honestly See a physician if new or unusual symptoms arise.

Maintain a "regular" schedule but take things a bit more slowly than usual; avoid unrealistic goals and expectations, cutting back on non-essential activities to conserve strength and energy.

If you have the motivation, volunteer to help those in need, but only if it doesn't deplete you, or make you feel worse.

Seek counseling if reactions are overwhelming or persistent.

Give yourself time for healing. Allow yourself time to focus on your loss and time to escape feelings of pain.

Find ways to honor your loved one's memory ... go to a special place, light a candle, plant a tree.

Write in a journal or draw pictures about your feelings of loss and grief. Write a letter to your loved one.

Remind yourself that. feelings will pass.

When problem solving: Gather information

Make a plan of action and follow it Take one step at a time

Talk with a professional

Talk with friends you have learned to trust Draw from past experience

## STRATEGIES THAT DON'T WORK

Avoidance

Keeping feelings to yourself

Eating more or less than is healthy.

Drinking more

Smoking more

**Taking unprescribed medication or drugs.**

**Avoiding other people**

**Lashing out.**

**Retunmation**

**Brooding about how alone you feel**

**Repeatedly thinking about why you react the way you do, why you are the way you are, why you don't feel like doing.....**

**Analyzing your personality. Fretting over what other people do.**

**Repeatedly thinking harsh, judgmental thoughts toward yourself or others; harboring hatred or resentment, seeking revenge.**

**Remember.....**

**As a person facing grief, you may be stigmatized. People may avoid you or say things that annoy or hurt you. You do not have to make it better for the world. Focus on taking care of yourself.**