



Ways to Take Care of Yourself in Your Grief

Navigating grief can be hard. Here are some ways to take care of yourself or a loved one during this hard time.

- Walk
- Pay it forward
- Read a book
- Walk your pet
- Look at the stars
- Be creative with art
- Enjoy a sunrise or sunset
- Move your body
- Practice silence
- Eat with chopsticks
- Pray
- Sing
- Reread a favorite book
- Play an instrument
- Volunteer and give back
- Give thanks
- Allow someone to love you
- Tell someone you love them
- Give someone a surprise gift
- Hug someone
- Write a poem
- Sing in the shower
- Walk Barefoot
- Take a nap
- Visit a lonely person
- Do something for someone else
- Build a sand castle
- Bake Have breakfast in bed
- Make a new recipe
- Allow yourself to make a mistake
- Go to the library
- Jump in a pile of leaves
- Rearrange a room in your house
- Enjoy hot chocolate in front of a fire
- Let someone love you
- Pay yourself a compliment
- Take a different road home
- Organize a shelf or closet
- Go for a swim
- Look at photos
- Turn off your electronics and talk
- Follow an impulse
- Pop popcorn
- Smell a flower
- Give a compliment to someone
- Practice courage in a small way