

How To Survive EARLY GRIEF

8

SIMPLE ACTS FOR AN UNBEARABLE TIME

1

STAY SAFE

Stay safe. Do it for yourself if you can. Do it for others if you must. If you are driving while crying too hard to see straight, pull over. If you are about to get in the car, help yourself calm down. Distraught driving is dangerous.

2

TEND SOMETHING

Water the plants.
Brush the animals.
Send a care package.

Thinking of others, or giving love, or getting out of yourself for a while can help.

3

GET OUTSIDE

Being outside in a non-human world is a relief. The trees will not ask - "How are you really?" The wind does not care if you cry. There's a lot to be said for being in places that don't need anything from you.

4

DRINK WATER

Crying for months on end is really dehydrating. Please drink water.

Your body needs it.

The first weeks and months after someone you love dies are a world unto their own. Your usual survival tactics won't work. Words of intended comfort just grate. Encouragement from others doesn't feel good.

POSITIVE THINKING AND PLATITUDES CAN'T HELP. THEY JUST CAN'T.

5

SHOWER

Really.

You will feel just the tiniest bit better clean. The same goes for sweeping the floor or any other seemingly tedious or irrelevant task of hygiene.

6

MOVE

Moving your body is likely to bring a little measure of calm. Do yoga, go for a hike, or walk the dog. Even to the end of the block is a good start.

It won't solve anything but movement is good.

7

SAY NO - SAY YES

You can't afford any big drains on your energy, and you can't afford to miss too many ways to replenish it. Say no to people, places, and events that are too much for you. Say an occasional yes to things that bring even a tiny bit of goodness.

8

EAT

Some people eat under stress. Some lose all interest in food. Some experience serious, lasting physical challenges due to their "grief diet." Small doses of healthy, nutrient dense food might be more easily tolerated by your mind and body than full meals.

The core parts of you, the ways you find solace and connection - these have not completely changed, though they may feel irrelevant. Grief pares things down.

YOU MAY JUST NEED TO EXPERIMENT A BIT.

Adding to this list, or creating a whole new one of your own might just provide a road map inside this wholly disorienting time.



REFUGE IN GRIEF

Emotionally Intelligent Grief Support
www.refugeingrief.com