



# GRIEVERS' TIPS FOR SELF-CARE THROUGH COVID-19

Grieving is hard work. Grieving while also living with the impact of a global health crisis is even harder work. During this time of required isolation, many grievers are separated from their usual forms of emotional support. During this uncertain time, people who are grieving may experience a resurgence of intense grief. Higher levels of anxiety, the resurgence or introduction of depression, low levels of energy, and a sharp increase in the missing of their person are common as grievers navigate the current challenges.

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SOARING SPIRITS HAS CREATED THIS LIST OF PRACTICAL SELF-CARE TIPS DESIGNED TO PROVIDE SIMPLE IDEAS FOR SUPPORTING EMOTIONAL, PHYSICAL, AND MENTAL HEALTH THROUGH THE DAYS AHEAD.

## 01 Be good to yourself. Make space for missing your person and caring for your heart.

- Release yourself from the expectation of being hyper-productive.
- Make time during the day for resting your mind and your body.
- Give yourself credit for making your way through each day.

## 02 Support your body nutritionally.

- Eat meals on a regular schedule.
- Balance comfort foods with healthy options.
- Drink as much water as you can daily.
- Be mindful of the physical effects of caffeine, alcohol, and medications.

## 03 Include physical activity in your daily schedule.

- Try a fifteen minute yoga video.
- Choose a walking path of any distance and walk 3-5 times a week.
- Watch home workout videos and try a few to find a favorite.
- Try stomping, punching bags, or pillow-screaming to vent strong emotions.

## 04 Do a personal mental health check every day.

- Make a list of people to call when you are having a tough emotional day and post in a prominent, visible location.
- If you currently see a therapist, stick to your regular schedule virtually if possible.
- If you notice an increase in anxiety or depression, seek help right away through hotlines or virtual support avenues.
- Use calming techniques regularly for example breathwork, relaxation, or visualization.

## 05 Avoid starting or ending your day with news media of all types.

- Choose one or two specific times a day to watch/read the news.
- Select one or two media sources to watch/read regularly.
- Set a timer to limit social media exposure, or remove apps from your smartphone.

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- 06 Create a daily schedule that is structured, but flexible.**
- Consider starting a simple daily practice like journaling or reading inspirational quotes.
  - Express gratitude, even if only for something very simple.
  - Mirror your usual daily schedule as much as possible.
  - Be flexible and allow yourself 'off schedule' days.

- 07 Keep your binge-watch list on the lighter side.**
- Choose entertainment that is fun and easy to watch.
  - Avoid violent or frightening movies/books.
  - Look for laugh-out-loud funny movies, books, or series.

- 08 Stay connected virtually with your support community.**
- At least once a day, connect with a friend or family member outside of your home.
  - Arrange a regular weekly video meeting with someone who fills your heart.
  - Share a book, movie, or series with a friend, and set up a time to discuss.

- 09 Get outside however you can, whenever you can.**
- Spend a portion of every day with the blinds or windows open.
  - Drink a favorite beverage on your porch or patio.
  - Garden on any scale, either outside in the yard, or inside with your house plants.

- 10 Find, revisit, or continue creative outlets for expressing emotion.**
- Engage regularly in imaginative activities.
  - Listen to music that speaks to you; consider singing out loud.
  - Try a new avenue of creative expression: drawing/coloring, puzzling, art of any kind, dancing, playing an instrument, building, repurposing or scrapbooking.



RESILIENCE IS BUILT ONE SMALL STEP AT A TIME.  
LEAN INTO THE LESSONS YOUR GRIEF HAS ALREADY  
TAUGHT YOU AND KNOW THAT YOU ARE NOT ALONE.

*We are in this together.*