



Ways to Take Care of Yourself in Your Grief

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

Turn off your electronics and talk

Pop popcorn

Give a compliment to someone

Follow an impulse

Smell a flower

Practice courage in a small way