

Self Help

- Give yourself a certain amount of time each day to grieve (cry, talk about your child, look at pictures, connect with the pain)
- When you cry, cry from the depth of your being. When you scream, go to an enclosed area where no one can hear you and scream till you're exhausted.
- Understand that others cannot understand unless they've been through it. Many people can sympathize, but there are always going to be people who think you should "get over it." Try to ignore them.
- Every day accomplish at least one task (call a friend, go for a walk, make the bed, read a recommended book, have your hair done, get a facial, smile at someone).
- If you are having difficulty sleeping or eating for more than a few weeks, it is important to contact your physician. You may need therapy and medication to help. Medication does not take the grief away, but it may soften some of the extreme responses so that you can focus more clearly and function more effectively.
- If you previously enjoyed walking or any other physical exercise, it may be beneficial for you to resume that activity now as you grieve. Grief is an energy that needs to be released and there are many ways to release it: physically, artistically, musically, poetically, etc. Find what works for you.
- Listen to your inner needs and make some changes in your life.
- Learn something that is new to you, and perhaps something that is related to helping you understand grief, suffering, life, or a deeper understanding of your spirituality.
- Always be patient and gentle with yourself. You will survive and actually find hope again, but it is necessary to remain patient.