

Ten Things to Do When You are Grieving

from

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1. **WALK** – Keep moving forward...physically and symbolically. Think about your loved one as you move.
2. **AT BEDTIME** – Name 3 simple things you were able to do today (not gratitude) but simple things like: got dressed; made the bed; ate breakfast; got the mail; watched a TV show; did some laundry, etc.
3. **ENGAGE IN THE BIGGER WORLD** – For 30 to 60 minutes. Read the newspaper; watch the news on TV. Notice that the world is continuing. Notice there are others who are suffering. Notice that some things have gotten better. Notice there are hopeful things happening.
4. **SEND LOVE TO YOUR PERSON** – Remember that you didn't stop loving them, and they didn't stop loving you when they died. Say out loud "I'm sending you my love" or "I'm surrounding you with my love right now".
5. **DISTRACT YOURSELF** – Take a break from your grief; set it aside for a little while to watch a movie, read a book, make or bake something, do some work or go for a walk.
6. **TALK ABOUT YOUR LOSS TO SOMEONE ELSE** – Call that friend who really listens. Schedule a therapy session. Say "I just need to talk...please just listen...don't try to fix it or give me advice...just please listen".
7. **RECOGNIZE SOMETHING THAT IS CONTINUING IN YOUR LIFE** – Your pet, a plant or your garden, you children or grandchildren, your friendships, your job or work, a special project.
8. **WRITE DOWN 3 THINGS YOU WANTED TO DO BEFORE YOUR PERSON DIED...BUT NEVER DID** – A place you wanted to go, a food you wanted to try, a movie or show you wanted to see, a hobby you wanted to begin, a project you wanted to start.
9. **DO SOMETHING NICE FOR YOURSELF** – Get a manicure or pedicure or massage; go on a mini vacation/weekend with a friend; decorate a room; indulge in a favorite food (without guilt); buy a new pair of shoes or a new golf club, etc.
10. **DO SOMETHING FOR SOMEONE ELSE** – Send a card or a gift or flowers; send a thinking of you email or text; do a random act of kindness; smile at a stranger; hold a door open for someone...connect to the outside world.

