



Survival Guide for Early Grief

Attend To Your Physical Health:

Drink plenty of fluids. 6 to 8 glasses a day is usually recommended to help flush out the toxins that result from stress. Limit intake of caffeine and alcohol, as they tend to dehydrate.

Eat 5 or 6 small meals a day. Or eat an item of food every few hours. An even blood sugar can help curb your emotional swings.

Engage in some form of physical activity. Even a short walk can do wonders for your body and spirit.

Rest during the day. Take regular breaks from your activities to nap or rest. Listen to calm music or picture yourself in a serene setting. Breathe slowly and deeply to help you relax.

Create bedtime routines to help you sleep. Go to bed at the same time each night. Take a soothing bath or drink a cup of warm milk. If your spouse died, try sleeping in another room or curl up with a large pillow. If nothing helps, contact your doctor.

Accept These Typical Reactions:

- A wide range of thoughts and feelings, including a sense of unreality and disbelief
- Physical symptoms, such as shakiness, tight throat, queasy stomach, bodily aches, exhaustion
- Inability to sleep, lack of appetite
- Difficulty focusing and making decisions; feel like you're going crazy
- Thinking more about the person's death or illness than their life
- A resurgence of grief for prior losses

Seek Support From Others:

- Ask them for help with everyday tasks or simply to be with you.
- Talk or write about your feelings and cry when you feel like it.
- Ask for private time when you need it, but do not be alone all the time.
- Try to overlook statements that seem insensitive, or gently correct when others offend.