

## **Helpful Suggestions During the Initial Phase of Grief**

- ~ You will need to take time for the grieving process. Do not be in a hurry to get over it.**
- ~ Get plenty of rest.**
- ~ Continue or resume your normal routine when it is comfortable again.**
- ~ Remember that your powerful and overwhelming feelings of pain will ease in time.**
- ~ Share your pain with whom you feel comfortable and accept support when it is offered.**
- ~ Surround yourself with plants, animals, and friends.**
- ~ Use mementos to help your mourning.**
- ~ Avoid major decisions.**
- ~ Do not rely on alcohol, tobacco or (street or prescription) drugs.**
- ~ Keep a diary and record your memories of feelings about your loved one's past struggles and successes.**
- ~ Prepare to meet new friends, make new relationships, and use creative urges to write, build, paint, compose or play music; plan and take a trip; reorganize and redecorate your home.**
- ~ Make peace with yourself and others, remembering that what follows is part of the healing process.**
- ~ Expect holidays and anniversaries to be difficult at first - they may bring up painful feelings and memories.**

Courtesy of Hospice Caring Project of Santa Cruz County—Center for Grief and Loss