ASPECTS OF GRIEF & SELF-LOVE

Self-Care during times of Grief, Loss, Fear and Anxiety can be life-saving. Self-care is about seeing yourself as a multi-dimensional and unique being who is worthy of care.

Consider these examples for self-care and identify some of your own. Practice the ones most effective for you and share with someone who cares for you.

PHYSICAL
- Stretch, Dance, Walk, Punch something soft (pillow, punching bag), Run, Jump, Yoga, Chores, Take A Nap, Drink Water, Eat Well

INTELLECTUAL
- Positive Thinking, Talk Kindly to Yourself, Read a Book, Watch a TED Talk, Listen to Podcast

EMOTIONAL
- Share your Feelings Through Talking, Drawing, Meditating, Cry, Laugh, Breathe

SOCIAL
- Text a Friend or Family Member, Be with Someone You Love and Loves you, Make a Phone Call, Write a Letter, Tell a Joke, Help a Neighbor

SPRITUAL
- Meditate, Pray, Sing, Dance, Read, Talk a Nature Walk, Hike, Talk to a Mentor, Blow Bubbles

Kindermourn