

Grief Recovery

Six Healthy Habits to Help You Cope

1. Have a Support System: keeping in touch with family and friends and/or developing new supportive relationships is usually helpful.

Who are the people you can count on for support?

2. Eat Well - you may be tempted to snack or just not eat at all. Even though you may not feel like it, try to eat well-balanced meals and healthy snacks, regularly.

Have your eating habits changed?

3. Drink Plenty of Fluids - this is easy to overlook. What do you like to drink? Water and juices are good. Try to avoid too much alcohol and caffeine. Keep your favorite healthy drinks on hand and know you are being good to yourself when you pour yourself a glass.

What have you had to drink today?

4. Exercise - regular exercise can energize you and make you feel better. Some people find that stretching or taking a walk can lift their spirits. Others enjoy swimming, bowling, or golf.

What is your favorite activity?

5. Rest Daily - your sleep patterns may be irregular. You may find you sleep all the time, or unable to sleep or notice any change. If you are not getting enough sleep, you may need to schedule regular rest periods.

Are you getting enough rest?

6. Do not Hesitate to Call Your Doctor - you have been under a lot of stress. Stress causes changes in your body that may make you more likely to become ill. During this time, it may be best to call your doctor early whenever you have symptoms of illness.

How are you feeling?