



# INTERNATIONAL GRIEF INSTITUTE

[www.internationalgriefinstitute.com](http://www.internationalgriefinstitute.com)  
360- 553-4200

## SELF CARE

### tips for supporters

Self care refers to healthy habits and activities that reduce stress and maintain well-being. It's any deliberate activity we do to take care of our mental, emotional, and physical health. While bereavement care involves looking after others, we also need to look after ourselves. Making time for yourself is crucial to your own well-being.

## AIMS

### of self care

To help  
manage stress

To prevent  
physical illness

To help  
maintain  
equilibrium &  
honor one's  
own needs

## WHY

### it matters

- Stress and emotional exhaustion can make us less organized and productive, and emotionally depleted which can lead to insomnia and other health problems.
- Caring for others can reopen old wounds.
- Self-care produces positive feelings and boosts confidence and self-esteem.
- Good self care practices help you stay sharp, motivated and healthy.
- It's necessary to remember that your needs are important too.



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## SELF CARE TIPS

- Do one nurturing activity each day. Read a book, take a bubble bath, go for a walk.
- Carve out time in your day to recharge your battery by doing things you love.
- Eat healthy and stay hydrated to boost immunity and physical well-being.
- Engage in light exercise and practice good sleep hygiene.
- Plan for short respites or take a vacation with others you love.
- Embrace joy without guilt. Listen to children laughing, smell a rose, watch a sunset.
- Sing. In a choir, in the car, in the shower. It releases muscle tension and stress.
- Enjoy a good laugh every day. Laughter lightens a heavy load and boosts your mood by releasing tension. Watch a comedy show or movie, or watch funny videos.
- Engage in activities that involve your hands such as gardening, knitting, woodworking, painting, pottery, beading, or coloring. Repetitive motion of the hands is soothing and calms the mind.
- Take up journaling to release inner thoughts and feelings in a private, safe place.
- Recognize that you can't fix your loved ones' grief. It's a rite of passage for everyone.
- Learn the signs and symptoms of compassion fatigue. Seek support when you're struggling.
- Learn to let go, say no, and ask for help from others. Honor your own limits.

Self-compassion involves a consistent attitude of kindness and acceptance toward ourselves as a whole. –LISA FIRESTONE, Ph.D..



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