

INTERNATIONAL GRIEF INSTITUTE

RESILIENCE RX™

COPING WITH COVID

TIPS TO MITIGATE FEELING ISOLATED

Self care techniques for the bereaved

The science behind why they work and how to implement them in everyday life.



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WHY IT MATTERS

Dealing with social restrictions during a pandemic can add extra layers of loneliness, isolation, stress and anxiety to grief. You can help offset these feelings with things that give you a sense of control.

TIPS

- ❑ Take a break from news to minimize trauma overload.
- ❑ Stay in the present. Think about right now and don't let your mind wander past the next 48 hours.
- ❑ If you find yourself in a stress spiral, spell your name out loud backwards to reground your thoughts.
- ❑ Stay on schedule to give yourself purpose.
 - ❖ Take a virtual exercise class
 - ❖ Try a new dinner recipe each night
- ❑ Focus on quality interactions regardless of physical proximity. Try:
 - ❖ a virtual happy hour with friends
 - ❖ daily or weekly Skypes with family and friends
 - ❖ online cultural or religious event or digital gathering
- ❑ Replace "social distancing" with "physical distancing" as a reminder that we're still connected.



In the sweetness of friendship let there be laughter and sharing of pleasures.
KHALIL GIBRAN

REMINDER

- ✓ Take one moment at a time.
- ✓ Be gentle with yourself.
- ✓ Crying is an important part of healing.
- ✓ Lethargy, exhaustion, forgetfulness and brain fog are normal grief responses.
- ✓ Give yourself lots of grace and practice self acceptance.

MORE TIPS

- ❑ Find something you can control in your little corner of the world. Rearrange your furniture, purge old documents, assemble a photo album, turn a forgotten corner of the yard into a garden.
- ❑ Jump into a project such as a jigsaw puzzle, wood-working, quilting, or soap making. It will help you stay busy, engaged, and distracted.
- ❑ Find your own retreat and give housemates a wide berth.

DEVELOP A SELF-CARE TOOL KIT

Self-care can improve your well-being, minimize stress, and reduce the opportunity for emotional burnout. Create a plan that triggers the brain's positive hormones and tends to your needs. This will help offset stress hormones, anchor your emotions, and strengthen your resilience.

By identifying and engaging in things you enjoy, you'll create a plan you're more likely to stick with.

SUGGESTIONS

- ❑ Do activities that trigger your brain's happy hormones:
 - ❖ Chromotherapy
 - ❖ Dance/movement therapy
 - ❖ Sensorial therapy
 - ❖ Laugh therapy
 - ❖ Green therapy
- ❑ Make yourself your own best friend.
- ❑ Stay nourished & hydrated.
- ❑ Practice good sleep hygiene.
- ❑ Minimize other forms of stress.
- ❑ Keep a light calendar.
- ❑ Engage in light exercise.
- ❑ Pursue a relaxing hobby such as knitting, clay work, drawing, beading, woodworking.



The love in the world begins with the love within ourselves. DEEPAK CHOPRA

AIMS OF SELF CARE

- To help manage stress.
- To prevent physical illness.
- To protect inner resilience.
- To honor one's own needs.
- To help maintain equilibrium.
- To maintain effectiveness and success.
- To ensure you live a meaningful life.

