

# Self-Care in the First Few Weeks

## COPING WITH LOSS DURING THE PANDEMIC

GRIEF  
SPACE

Support Practices Adapted for this Challenging Era



www.InternationalGriefInstitute.com

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### COPING TIP

Most people don't know what to say or do to help, and may unintentionally say and do things that hurt.

**Forgiving people in advance will make it easier to stay emotionally grounded.**



### DON'T GO IT ALONE

**Seek professional help from a therapist or grief counselor, and visit online resources.**

- ❖ [International Grief Institute](#)
- ❖ [When You Lose Someone](#)
- ❖ [Center for Loss & Life Transition](#)
- ❖ [Grief.com](#)
- ❖ [Open to Hope](#)
- ❖ [Option B](#)
- ❖ [Refuge in Grief](#)
- ❖ [Soaring Spirits International](#)
- ❖ [What's Your Grief](#)

Self-care is essential anytime we're grieving, but especially during a pandemic, when the comforting presence of friends and family may not be available.

## ENLIST SUPPORT

- ❑ Reach out to loved ones for virtual assistance, especially when handling stressful or emotional tasks.
- ❑ Create a sign-up calendar so 24/7 support is available when you need it.
- ❑ Specify the type of support YOU want—phone calls, texts, cards, [CaringBridge](#), virtual visits, food delivery, gift cards for prescriptions, etc.
- ❑ Let people help. If you have financial burdens, emotional or physical concerns, let a loved one, clergy, or professional know.

## SELF CARE TIPS

- ❑ Don't be afraid to cry. Tears are both cleansing and necessary.
- ❑ Eat healthful foods and stay hydrated to keep your body nourished. Order delivery from your favorite grocery store and restaurants or ask friends to provide meals.
- ❑ Resist alcohol, nicotine, and unprescribed medication. They are counterproductive to your well-being.
- ❑ Move your body to help with circulation. Take a short walk, engage in yoga, pull weeds, plant flowers, clean a closet.
- ❑ Be gentle with yourself. Grief causes fatigue, forgetfulness, inability to focus and make decisions. This is normal.
- ❑ Postpone difficult decisions not requiring immediate attention.
- ❑ Take three deep breaths to stop a stress spiral and help your brain and body reset.
- ❑ If you miss the comfort of physical touch, wrap yourself in a blanket, squeeze a pillow, or hug a stuffed animal.
- ❑ Explore more self-care tips provided by [Resilience Rx™](#).