

RESILIENCE RX™

A free resource

SELF CARE TIPS FOR WORK

*Ways to manage
grief on the job*

*Tips for work
and home*



IGI INTERNATIONAL
GRIEF INSTITUTE
INVESTING IN COMMUNITY RESILIENCE

RESILIENCE RX™

Self-care techniques

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



This free resource is designed to provide self-care techniques to support the bereaved with the understanding that the International Grief Institute is not engaged to render any type of psychological, legal, or any other kind of professional advice.



INTERNATIONAL GRIEF INSTITUTE, LLC
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Self Care Tips for Work

“ Self-compassion involves a consistent attitude of kindness and acceptance toward ourselves as a whole.

LISA FIRESTONE, Ph.D.

Benefits of Self Care

Self-care refers to healthy habits and activities that reduce stress and maintain well-being by doing things that activate our positive hormones—dopamine, oxytocin, and serotonin—to counteract the hormones associated with stress. It's any deliberate activity we do to take care of our mental, emotional, and physical health. Making time for yourself will help strengthen your inner resilience when juggling the demands of work while grieving.

Aims of self care

- To help manage stress
- To prevent physical illness
- To help maintain equilibrium and honor one's own needs

Why it matters

- The wealth of a company is built on the health of its employees.
- Grief is a significant stressor that impacts our emotional, mental and physical health.
- Emotional stress and mental exhaustion make us less organized, less productive, and less efficient. Emotional depletion can lead to other health problems such as insomnia, hypertension, and more.
- Good self-care practices help you stay sharp, motivated, and healthy.
- Self-care produces positive feelings and boosts confidence.

SELF CARE TIPS FOR WORK:

- Work with your employer to identify a safe room you can use for 10 to 15 minutes when emotions bubble to the surface. This gives you the space to collect yourself in a private setting away from clients and colleagues.
- Compartmentalize if needed at work but give yourself time to grieve, too.
- If possible, request short-term light cognitive duty to minimize mistakes and injuries.
- Avoid operating dangerous equipment until the fog lifts. This will maximize safety and minimize risk management issues.
- Learn to let go, say no, and ask for help from others. Honor your own limits.

SELF CARE TIPS FOR HOME:

- Talk about your loss for at least 15 minutes every day. It's okay to ramble, rant, and repeat yourself. Talking is how we process. Processing is how we heal.
- Carve time in your schedule to do things you love. This will help recharge your battery.
- Eat healthy and stay hydrated to boost immunity and physical well-being.
- Engage in light exercise and practice good sleep hygiene.
- Sing. In the shower, in the car, in your bed. It releases muscle tension and stress.
- Enjoy a good belly laugh every day. Laughter releases tension, boosts your mood, and lightens a heavy heart. Watch a comedy or funny videos.
- Engage in activities involving repetitive hand motions such as beading, painting, pottery, knitting, gardening, woodworking or coloring. Repetitive hand motions calms the mind.
- Use journaling to release inner thoughts and feelings.
- Recognize that you can't fix grief. It's a rite of passage for everyone.





A word about resilience

“ Life doesn’t get easier or more forgiving,
we get stronger and more resilient.

JAMAIS CASCIO

What is resilience?

Resilience is the ability to adapt to life difficulties—including loss of a loved one. Building resilience through strategies that support the brain, body, and emotions during difficult times can help reduce the damaging effects of grief.

The goal

The goal of Resilience Rx™ is to offer self-help techniques that trigger positive hormones—dopamine, serotonin, and oxytocin—to help support you as you learn to move forward with your loved one in your heart.

How do you strengthen resilience?

The first step is to take good care of yourself. We can’t always predict loss and other stressors, but practicing self-help techniques that tend to our physical, mental, emotional, and spiritual needs can help us to weather the storms.

There are multiple ways to trigger positive hormones. Use this Resilience Rx™ resource as one of your tools in your self-care toolbox to help lift your spirits and soothe your heart when mourning the loss of someone you love.

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