



Healing Grief

10

Exercises to start moving forward

Doing these 10 things can be such an important beginning in moving forward in our grief and healing while honoring those we love. We loved being present for them when they were physically here and now, in their absence, we honor who they were.

1. Take a Walk

Take a walk and think about your loved one. During the walk, cry, if needed and take in your surroundings. Doing this every day if you can, even if it's a short walk alone or with someone else.



2. List Your Wins

Name three things you were able to do today. It might be get out of bed, eat, walk to the bathroom. If that's it, that's fine. After all you have been through, isn't it amazing you can still do anything.



3. Engage in the Bigger World

For 30 minutes, or for as long as you can handle, engage in the bigger world. That might mean watching the news, reading the paper, going online. We need to see that the world is continuing.



4. Send Love



When you think of your loved one or when things seem overwhelming, try actively sending them your love. In your mind, tell the person who died that you love them and send them your love.

5. Distract Yourself

You can't grieve all the time. It is ok to distract yourself with other activities that will give your brain a rest. These could include binge watching a TV show, movie or sports game, rereading a novel or whatever works for you.



6. Share Your Story

Talk about your pain with a close friend. You might start the conversation with, "I need to talk about this loss. The truth is grief must be witnessed. So talk to someone about your loss."



7. Finding Things That Continue

Recognize something in your life that continues even after the loss. That might be your work or something else. Even with this loss think about your love for your person who died. That continues.



8. Treat Yourself

Do something nice for yourself as recognition of what you've been through. Do something you enjoy such as play golf, get a manicure, have a long bath, get a massage, or maybe just eating your favorite food.



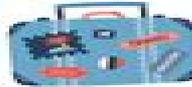
9. Help Someone Else

If you have been grieving for two years or longer, it is time to do something for someone else. The smallest things can make a really big difference. Doing something for someone else will help you feel better.



10. Recognize Your Wants

Your loved ones life was precious and so is yours. Write down three things you wanted to do, but never had the chance. It could be anything from traveling to enjoying a favorite food.



Healing Your Grief

Michael Seilmaier



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