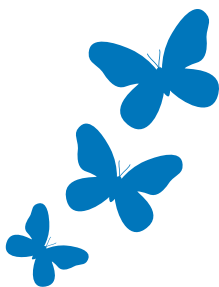


Managing grief



BE KIND TO YOURSELF

Grieving is feeling sad and hurt when something bad has happened. This takes time. Go ahead and let yourself feel all your emotions. There is no right way or wrong way to do this.



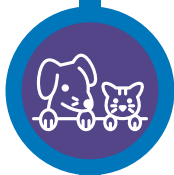
BE MINDFUL

Slow down your thoughts. Feel your feelings. Really notice what is happening around you without thinking it is good or bad. This can help with your mood, sleep and overall health.



SPEND TIME WITH PEOPLE

Get together with family and friends. Try things like family game night, share a meal with friends, cook together, take walks and other things you like.



SPEND TIME IN NATURE

Take a hike, listen to birds, sit outside, go to the beach or spend time with animals.



GET MOVING

Try to move your body during the day. Play with your pet, dance in the kitchen, ride a bike, work or play in the yard, or just get up and stretch. This can make you feel better and make you healthier.



SAY WHAT YOU NEED

What could your family and friends do or say that would help you feel supported and cared for? Share these ideas with them.



BE THANKFUL

Practice really noticing the good things in life, like the sunrise and sunset, pleasant smells, the love and support from others, and more. Write or share how these make you feel. Doing this can help you see that there are still good things even while you are grieving.



MAKE A PLAN

Have a plan to help calm yourself when upset feelings come. Decide if you will take a break, do deep breathing, play with fidget toys, get moving, do some drawing or writing, or something else that helps you.



Children's
Wisconsin

(414) 337-4250
griefsupport@childrenswi.org

childrenswi.org