

Activities that help to cope with reactions of grief

1. Mental

- a. Journal
- b. Talk to a friend, relative or counselor
- c. Thought Stopping
- d. Listen to music
- e. Relaxation/Self-Hypnosis
- f. Positive daydream
- g. Watch a video
- h. Play a game
- i. Talk to your pet
- j. Take a nap

2. Physical: Move, make yourself do things

- a. Exercise
- b. Run
- c. Walk
- d. Dance/aerobics
- e. Play a sport
- f. Throw rocks at a target
- g. Hit your pillows or bed
- h. Go somewhere by yourself and scream
- i. Breathe deeply
- j. Draw/art
- k. Change your room around
- l. Clean your closet/house

3. Emotional

- a. Cry
- b. Vent what is hurting
- c. Vent anger in safe ways
- d. Anger and anxiety need physical outlets
- e. Draw/art
- f. Journal

4. Spiritual

- a. Go to a quiet place
- b. Talk to a higher power even if you are mad or unsure that someone is there
- c. Set time aside to talk with your loved one that has died
- d. Find and settle on reasonable answers that satisfy you
- e. Create and follow your own rituals
- f. Attend church or spend time with a faith community
- g. Spend time in nature weekly