



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

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HELPFUL STEPS FOR GRIEVING

I. SURVIVING

1. Recognize the loss - it has happened and it is real. You will survive.
2. Allow yourself to feel the pain, don't deny it or cover it up.
3. You are not alone.
4. You are great - you are a good person even if thoughts are full of "if only's".
Remind yourself, you're dealing with a lot.
5. You will survive - nature creates a beginning, middle and an end.
6. Give yourself time to heal; the greater the loss, the more time it will take.
7. The healing process involves progress and regression.
8. Hope for positive things - Tomorrow will come.
9. Get lots of rest - your body needs energy for repair - productive work rests emotions.
10. Stick to a schedule - it gives a sense of order. Avoid becoming too lethargic.
11. Keep decision-making to a minimum - enough change has taken place already.
12. It's OK to need comforting. Seek support. It's an emotional wound.
13. Surround yourself with things that are alive - don't isolate yourself.
14. Re-affirm positive beliefs.
15. Schedule activities for Sundays and holidays - they can be more difficult.
16. Don't be afraid to let your feelings out - cry or let your anger out by hitting a pillow.

II. HEALING

1. Mourn now - don't make excuses.
2. Be gentle with yourself, don't expect to get it over it soon.
3. Don't try to re-kindle an old relationship - to give up final hope is most difficult.
4. Go through your mementos, it will help the healing process.
5. Crying is a form of cleansing and is a marvelous release.
6. Remember, it's OK to feel angry.
7. Good nutrition is important - more protein, less junk food, more B & C vitamins, calcium and potassium.
8. You're vulnerable to illness and injury- guard your physical health.
9. Pamper yourself - buy something special.
10. Heal at your own pace, thinking is sharper, judgment more reliable, and concentration improves when they are not rushed.

III. GROWING

1. You're getting stronger now - learning you can survive, your pain lessens, healing occurs & growth continues.
2. Forgive another person - let go.
3. Forgive yourself.
4. Take stock of positive things - you're a stronger person now.
5. Be ready for changes - open to new people, places, ideas and experiences.
6. Do something for someone else.
7. Choose solitude, creativity, appreciation, growth, and freedom.