Coping with Grief
Video Series Handouts
West Chester University
Counseling Center

Self-Care

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Reference / Source Material:
Self-Care Domains

In each domain, list the activities you are doing to take care of yourself.

Physical

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Spiritual

_________________________________________________________________
_________________________________________________________________

Intellectual

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Social

_________________________________________________________________
_________________________________________________________________

Emotional

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
<table>
<thead>
<tr>
<th></th>
<th>Are You Taking Care of Yourself?</th>
<th>Yes, I'm doing it!</th>
<th>No, not yet</th>
<th>This is not for me!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Are you eating three healthy meals a day?</td>
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<tr>
<td>2</td>
<td>Do you belong to a support group or social group that meets at least once a month?</td>
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<td>3</td>
<td>Do you do something to relax at least three times a day?</td>
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<td>4</td>
<td>Are you keeping your mind stimulated?</td>
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<tr>
<td>5</td>
<td>Do you exercise at least three times a week?</td>
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<tr>
<td>6</td>
<td>Are you keeping your appointments and obligations?</td>
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<tr>
<td>7</td>
<td>Do you sleep six to eight hours each night?</td>
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<tr>
<td>8</td>
<td>Are you kind to yourself?</td>
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<tr>
<td>9</td>
<td>Do you take your medicines as prescribed?</td>
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<tr>
<td>10</td>
<td>Do you say NO when you need/want to?</td>
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<tr>
<td>11</td>
<td>Are you forgiving yourself?</td>
<td></td>
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<tr>
<td>12</td>
<td>Do you enjoy poetry and/or spiritual readings?</td>
<td></td>
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<td></td>
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<tr>
<td>13</td>
<td>Are you engaged in social activities?</td>
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<tr>
<td>14</td>
<td>Are you journaling?</td>
<td></td>
<td></td>
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<tr>
<td>15</td>
<td>Are you balancing between &quot;being&quot; (feeling your feelings) and &quot;doing&quot; (keeping busy)?</td>
<td></td>
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</tbody>
</table>
Ways to Nourish Myself
Let the healing begin!

Check ‘nourishments’ that you would be willing to commit to do in the next month.
On the blank lines add some of your own.

- get involved in something new
- write in a journal
- call a friend
- take a long warm bath & light a candle
- listen to music
- read
- work in the garden
- resume this activity
- do a craft or hobby
- exercise
- meditate
- go to a place of worship
- go to a movie, even if I cry
- go to a museum
- care for a pet
- volunteer

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
ORGANIZING IS WHAT IT'S ALL ABOUT!

Using time wisely and feeling in control of the day helps to de-stress!

Here are some suggestions. Check those that you already do and then add your own ideas.

☐ Keep an ongoing "TO-DO" list and check items as they are completed.
☐ Break down large projects into small manageable tasks and put each one on your TO-DO list.
☐ Keep keys in the same place at all times.
☐ Set your alarm 15-30 minutes early to give yourself plenty of time.
☐ Clean home or apartment one room at a time.
☐ Keep only one calendar. Write every appointment on it and refer to it.
☐ Bring something to do with you when waiting for appointments (balance check book, write TO-DO lists or letters, read a humorous book, knit, etc.)
☐ Plan menus once a week and purchase the ingredients at one time, if time is limited. If it's not and you want to keep busy, plan meals in the morning, shop each day and prepare that day.
☐ Cluster similar errands together.
☐ Keep the cell phone, calendar, and your to-do list in the same place at all times.
☐ Delegate assignments to co-workers or family members. It's OK to have others help you and it is a gift to them to be asked to do something.
☐ Get rid of clutter. It is a great feeling to look around your home and see it in order. Living with clutter can be energy-draining.
☐ Try not to let things pile up. Set aside a time each day to file paperwork or sort through the mail to avoid overwhelming and unmanageable piles.
☐ Keep frequently used information and files in a place that is easily accessible.
**SO MUCH TO DO**

So little energy or inclination!

You might be getting more done than you think! At the end of the day, write what you accomplished that day. (On low-energy days, it is OK to say, “ate breakfast” or “brushed teeth.”)

<table>
<thead>
<tr>
<th>DAY</th>
<th>ACCOMPLISHMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<td>Friday</td>
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<tr>
<td>Saturday</td>
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<tr>
<td>Sunday</td>
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</table>
Being the Best You Can Be
Are these possibilities for you? Write your thoughts next to them.

Exercise to regain energy.

Walk proud with shoulders back and a bounce in your step.

Find ways to laugh.

Nod and/or smile when passing someone.

Find something beautiful about each day and focus on it.

Make a list of things to do and cross off each as it is accomplished.

Make a list of long-term goals. Share them with loved ones.

Eat healthy.

Drink plenty of water and limit caffeine.

Take time for yourself.
Leisure

Participating in leisure activities can make a difference in physical and mental health!

<table>
<thead>
<tr>
<th>MY GOAL</th>
<th>A LEISURE ACTIVITY I CAN DO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accomplish something</td>
<td></td>
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<tr>
<td>Be alone</td>
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<tr>
<td>Be a spectator</td>
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<tr>
<td>Be sociable</td>
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<tr>
<td>Be spiritually uplifted</td>
<td></td>
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<tr>
<td>Compete</td>
<td></td>
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<tr>
<td>Continue to learn</td>
<td></td>
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<tr>
<td>Exercise alone</td>
<td></td>
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<tr>
<td>Exercise with others</td>
<td></td>
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<tr>
<td>Help someone else</td>
<td></td>
</tr>
<tr>
<td>Keep emotionally stimulated</td>
<td></td>
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<tr>
<td>Keep mentally stimulated</td>
<td></td>
</tr>
<tr>
<td>Keep physically stimulated</td>
<td></td>
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<tr>
<td>Play</td>
<td></td>
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<tr>
<td>Relax</td>
<td></td>
</tr>
<tr>
<td>Return to my hobby</td>
<td></td>
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<tr>
<td>Spend time with family</td>
<td></td>
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<tr>
<td>Use creativity</td>
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</tbody>
</table>
A Sacred Space

A sacred space promotes a sense of healing. It might be helpful to create a sacred place.

Where can you find a safe and sacred place?

What color would be most soothing?

What objects would you keep in this space?

What aroma would be pleasing?

What music would be comforting?

What mementos would you bring into this space?

What else would make this space sacred?

Whom would you trust to see this space?
Need a Good Cry?

Crying helps to get the sad out of you!
What can you do to bring those tears on?

Watch a tear-jerking movie.

Look at photographs.

Talk with people who share your loss.

Hold a special memento and focus on the memory it evokes.
It Helps to Smile

but it's not always so easy after a loss.
However, humor and laughter
are essential to well-being!

Check the suggestions below that you
would be willing to try in the next month.

☐ Share funny, clever emails.
☐ Watch funny, even silly, sitcoms.
   (some favorites: ___________________________)
☐ Rent humorous movies.
   (some favorites: ___________________________)
☐ Sing a fun song or commercial.
   (some favorites: ___________________________)
☐ Watch humorous talk shows on television.
   (some favorites: ___________________________)
☐ Go to the movies, but check first to be sure it's funny.
   (some favorites: ___________________________)
☐ Play board games or cards.
   (some favorites: ___________________________)
☐ Play with a baby.

Other ways to keep smiling:

☐ ___________________________
☐ ___________________________
☐ ___________________________
☐ ___________________________
☐ ___________________________
☐ ___________________________
☐ ___________________________
☐ ___________________________
☐ ___________________________

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## SELF-TALK

**Let’s work on positive self-talk.**

Read the negative self-talk examples in the left column and fill in the corresponding box with positive self-talk.

<table>
<thead>
<tr>
<th>MY NEGATIVE SELF-TALK</th>
<th>MY POSITIVE SELF-TALK</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am forgetting everything – I hate it!</td>
<td>It is OK to forget. I’m not forgetting everything!</td>
</tr>
<tr>
<td>I do everything wrong.</td>
<td>I do some things wrong. That means I do some things right!</td>
</tr>
<tr>
<td>I am so unsure of myself right now.</td>
<td></td>
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<tr>
<td>I need to be on time and never late.</td>
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<tr>
<td>I will not ask for help. It shows I’m incompetent.</td>
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<tr>
<td>I cannot do the things I used to do.</td>
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<tr>
<td>I am so tense all the time.</td>
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<tr>
<td>It shows weakness if I cry.</td>
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<tr>
<td>I feel so anxious I can hardly breathe.</td>
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<tr>
<td>I SHOULD say “yes” to every invitation.</td>
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<tr>
<td>I will never ever get over it.</td>
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<tr>
<td>I cannot handle this.</td>
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<tr>
<td>This is impossible.</td>
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<tr>
<td>I could have done better.</td>
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</tbody>
</table>