

Coping with Grief
Video Series Handouts
West Chester University
Counseling Center

Self-Care

*Reproduced with permission by the purchaser for educational or therapeutic purposes.

Reference / Source Material:

Zamore, F., & Leutenberg, E.R.A. (2008) GriefWork: Healing from loss. Whole Person.

Self-Care Domains

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

The diagram is a large circle with a decorative border of leaves and stems. It is divided into five sections by lines radiating from the center to the edge. Each section is labeled with a domain name and contains three horizontal lines for writing.

- Physical**

- Spiritual**

- Social**

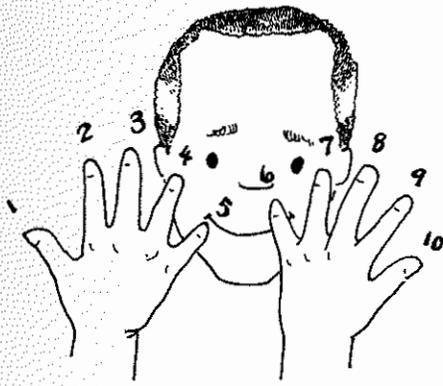
- Emotional**

- Intellectual**



Are You Taking Care of Yourself?

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



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.

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

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.")



DAY	ACCOMPLISHMENTS
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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. _____

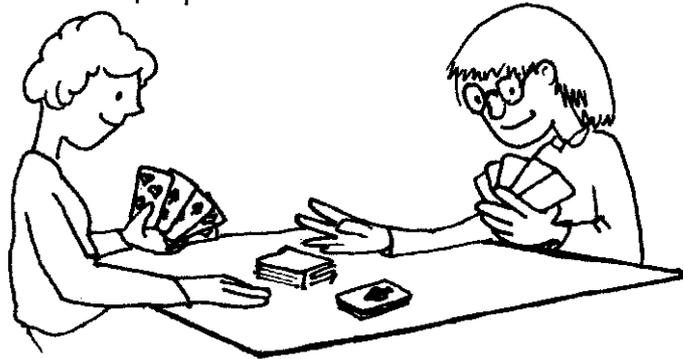
Eat healthy. _____

Drink plenty of water and limit caffeine. _____

Take time for yourself. _____

Leisure

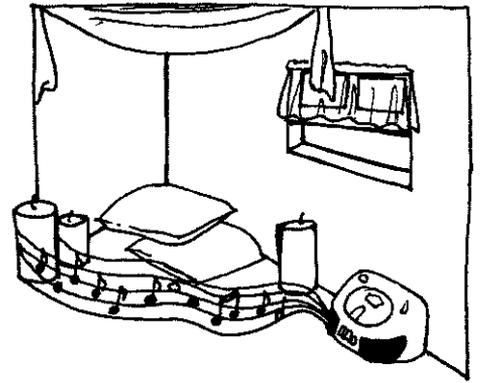
Participating in leisure activities can make a difference in physical and mental health!



MY GOAL	A LEISURE ACTIVITY I CAN DO
Accomplish something	
Be alone	
Be a spectator	
Be sociable	
Be spiritually uplifted	
Compete	
Continue to learn	
Exercise alone	
Exercise with others	
Help someone else	
Keep emotionally stimulated	
Keep mentally stimulated	
Keep physically stimulated	
Play	
Relax	
Return to my hobby	
Spend time with family	
Use creativity	

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? _____

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:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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.

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