



Grief *self-help* toolkit

Be kind to you

Grief can be overwhelming, but it is important to allow yourself to grieve. There is no right way to mourn, everyone is unique. Here are some simple things you can do to allow yourself to grieve, while being kind to you.

Kindness tips

Take care of yourself

- Try to eat as it is important for your wellbeing to maintain your strength
- Keep active. A steady walk around your garden or to the corner of the street may give you a feeling of calmness
- Sleep as well as you can

Plan your days to give yourself some structure

Ask people for help

Remember your loved one - enjoy your memories

Socialise and try to rediscover your hobbies as this can help to build a new sense of self

Take notice of the world around you

Share your emotions Grief is tough. It can help to talk

For more advice and information on bereavement support, go to www.healthydudley.co.uk/bereavement